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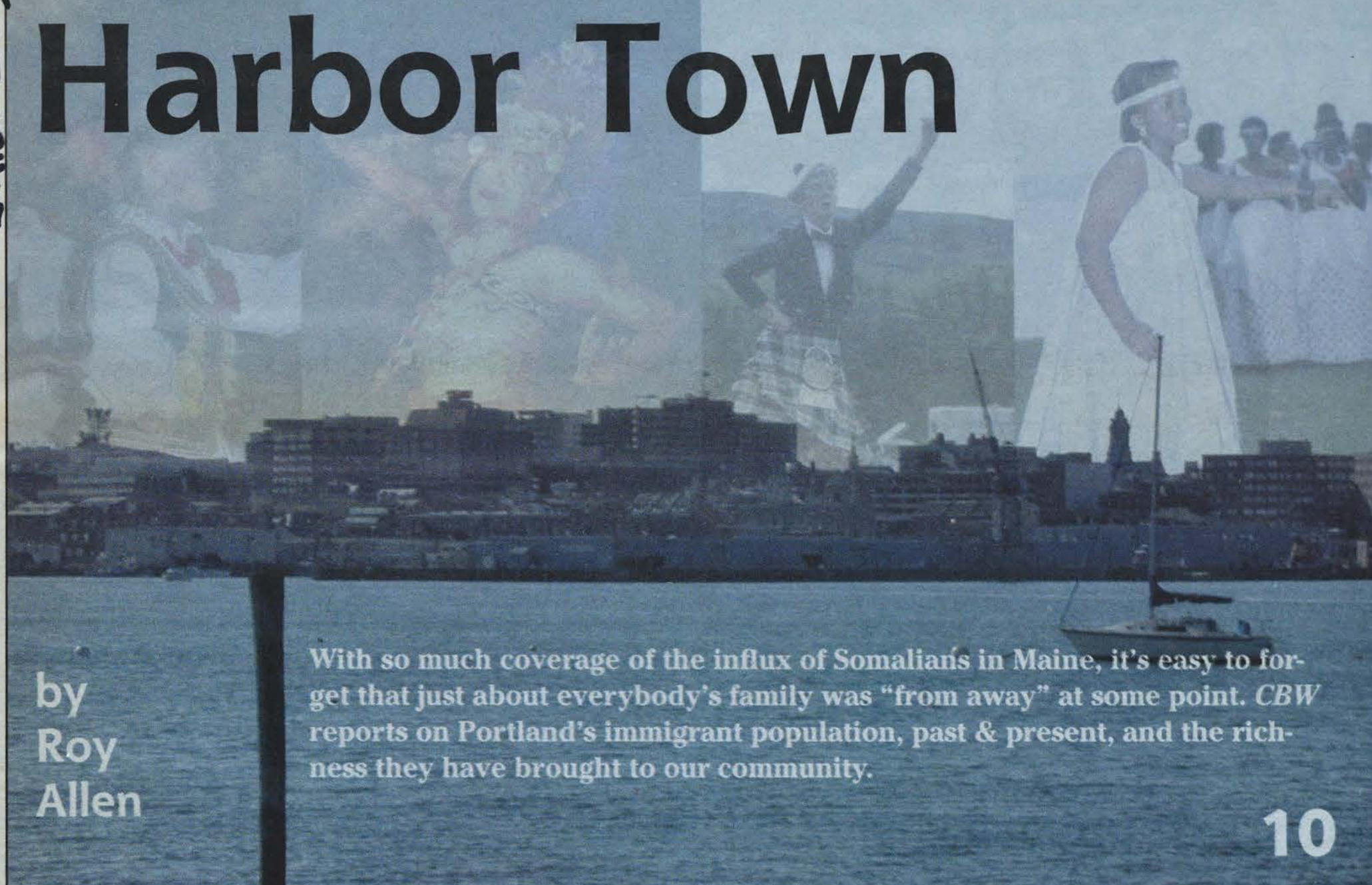
casco bay weekly

FREE

GREATER PORTLAND'S JOURNAL OF NEWS, ARTS & HAPPENINGS

SPECIAL ISSUE: ONE CITY, ONE WORLD

Harbor Town



by
Roy
Allen

With so much coverage of the influx of Somalis in Maine, it's easy to forget that just about everybody's family was "from away" at some point. *CBW* reports on Portland's immigrant population, past & present, and the richness they have brought to our community.

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make a difference
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Culture, nightlife, mental taxis from Alternative America

3003. E. 3003



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Reach your target audience by advertising your product or service in an issue of CBW featuring industry-specific content!

Portland has many options available for educationally-minded residents ranging from public to private K-12 schools, post secondary career centers, and the public and private college system. This issue highlights the many programs available and will also feature articles from local educators. If you are active in local education and want your message heard, this issue of *CBW* is for you!

From the gentrification of neighborhoods and houseboats in the harbor to excessive property taxes for longtime residents to new hotel development, real estate is an important part of the Portland scene. National statistics say that the average family household moves every five years and that spring is the most popular season to start the search. If you are an attorney, banker, mortgage broker, insurance specialist, real estate professional, general contractor, home improvement company, landscaper, or financial planner, this is the issue to let the public know how you can help them realize their dreams.

85% of all Valentine's Day presents are bought within the last 48 hours, according to national retailers. If you have a great gift idea or a special event heralding the love bug, make sure your message is heard loud and clear in this special CBW issue about "Romance in Portland."

For more information, contact Roseann Mango-Morgenson at 775.6601 or email cbw@maine.rr.com. Space is filling fast!



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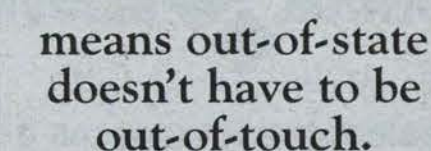
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For more information regarding these employment opportunities please call Steve at 207-885-1300, or send your letter of interest to Residential Resources of Maine, 51 U.S. RT. 1, Scarborough, Maine 04074. You can also e-mail us at SDSRRM@maine.rr.com

Respect, Empowerment, Truth/Honesty, Diversity, Quality, Trust, Creativity

health & wellness

Deep wonder in the stillness

BY ANN FOSTER, ABT

Using the teachings of Asian Medicine
to make peace with winter blues

Living in harmony with nature is one of the major sources of wisdom for health in Traditional Asian Medicine. This knowledge, drawn from observation over thousands of years, developed as a way of explaining the relationships between all natural phenomena and between humans and their environment.

In nature, Winter is a time of cold where the growth and development is focusing on storing (rebirth). Winter's color is black, its taste is salty, and orientation is north. Clearly, there is a common sense here.

The most ancient medical text in China, the *Nei Jing*, dates to the first century BCE; the most ancient Nipponese (Japanese), the *Kojiki*, dates to 712 AD, and each is actually a compilation of a number of texts and/or knowledge accumulated over a period of time 2000 - 3000 years before that.

The *Kojiki* tells us, "there is 'some' energetic body which supports the physical." There is One flow of energy transforming itself in the body every minute of every day. This energy flows in precise rivers over the terrain of the body. Its transformative power coalesces at specific organs at specific times of day — in the Bladder from 4 - 6pm and in the Kidney from 6 - 8pm, and on another level from 9pm to 1am.

In Winter, it is the Kidneys and the Bladder (which, in general, relate to one another energetically as in a marriage) who are holding the over-all predominant vital energy of this season. In the world around us, winter is the time when the rest of nature holds its energy in its roots. Jin Shin Jyutsu describes our kidneys and bladder as holding the 'energy of generations' - Traditional Chinese Medicine describes it as 'Jing' ... the spirit of all of our past - our roots also.

What insight can we gain into well-being from nature's response to Winter? Can we allow these times, 4 - 8pm and 9 pm - 1am (in Winter in particular), to be a quiet time? Perhaps we can follow nature's lead, and rejuvenate ourselves internally while resting the external. Take a moment to try what the ancients call an 'Internal Smile': actually give thanks (smile internally) to these and also to all of your organs. The Internal Smile is a clas-

sic and a favorite among the Chinese people, who have developed exercises which help one to live an exceptionally long life. Try it and you'll see why.

But there is yet more wisdom to be gleaned from these teachings. According to the ancient understanding of Asian Medicine, the season of Winter relates to the element of water, which also relates to ones' emotional body. If we stop a moment, can we notice the 'wateriness' - the fluidity of our emotions? In my being, in general, how emotional do I actually feel at any given time?

Every Winter brings an opportunity to evaluate and take stock of self. The emotions expressed when the kidney and/or bladder is in disharmony or disease will be fear or fright. Is all fear a deterrent from health? Is there a level of fear which is healthy? Ask yourself: how much fear am I carrying right now?

Take a moment to honor what is. Often the imagined load is dispelled by this. This is however, a good time to find productive outlets to release any lingering fears after becoming more conscious of them. Jin Shin Jyutsu refers to the progeny of fear: greed, jealousy, bigotry, the need to have power over others. Try a simple Jin Shin Jyutsu for fear release: note how you are feeling, then hold your index finger, first one, then the other, (for whatever amount of time feel appropriate). Then afterwards, check in again with your feelings.

The ear is the sense organ which is energetically directly affected by, and which nourishes, the Kidneys and the Bladder. It is in the stillness, the rooting time, that we find the nourishment which helps us hear and listen to self and to other, indeed to Source.

Each season offers us an opportunity to deepen in our knowledge about ourselves. To notice, and explore the various aspects of ourselves and of the structure and rhythm of the natural world — to nourish the bond with life, and hopefully, develop an ever growing sense of it.

Ann Foster, ABT may be contacted at (207) 774-3465 or annfoster@maineshiatsu.com.

health & wellness

Weeds in Your Garden? Bite Back!

BY SUSUN WEED

I always say the gardener's best revenge is to eat the weeds. I've been doing it for thirty years and can testify that my health and the health of my garden has never been better.

Here are a few hints for gardeners who'd rather eat their weeds than hate them (and for non-gardeners who are adventurous enough to try out nature's bounty).

•View your weeds as cultivated plants; give them the same care and you'll reap a tremendous harvest. Harvest frequently and do it when the weeds are young and tender. Thin your weeds and pinch back the annuals so your weeds become lushly leafy. Use weeds as rotation crops; they bring up subsoil minerals and protect against many insects. "Interplant" (by not weeding out) selected weeds; try purslane, lamb's quarters, or amaranth with your corn, chickweed with peas/beans, and yellow dock, sheep sorrel, or dandelion with tomatoes. And, most importantly, harvest your weeds frequently, regularly, and generously.

•Overgrown radishes, lettuces, and beans are tough and bitter. So are weeds that aren't harvested frequently enough. Give your chickweed a haircut (yes! with scissors) every 4-7 days and it will stay tender all spring, ready to be added to any salad. If you forget a patch for two weeks, it may get stringy and tough and full of seed capsules. All is not lost at this stage. The seeds are easy to collect — put the entire plant in a plastic bag in the refrigerator for 2-3 days and use the seeds that fall to the bottom of the bag — and highly nutritious, with exceptional amounts of protein and minerals.

•Unthinned carrots and lettuces grow thin and spindly, so do unthinned lamb's quarters, amaranth, and other edible weeds. Wherever you decide to let the weeds grow, keep them thinned as you would any plant you expect to eat. Here's how I do it: In early spring I lightly top dress a raised bed with my cool-method compost (which is loaded with the seeds of edible weeds). Over this I strew a heavy coating of the seeds of lettuces and cresses and brassicas (cultivated salad greens), then another light covering of shifted compost.

•Naturally, weed seeds germinate right along with my salad greens. When the plants are about two inches high, I go through the bed and thin the salad greens,

pull out all grasses, smartweeds, crone wort, clear weed, and quick weed (though the last three are edible, I don't find them particularly palatable) and thin back the chickweed, mallows, lamb's quarters, amaranth, and garlic mustard and other edible wild greens.

•Keep those annuals pinched back. You wouldn't let your basil go straight up and go to flower, don't let your lamb's quarter either. One cultivated lamb's quarter plant in my garden grew five feet high and four feet across, providing greens for salads and cooking all summer and a generous harvest of seeds for winter use. When a crop of greens has bolted or gone to seed in your garden, you pull it all out and re-plant with another crop. Do the same with your weeds. We eat the greens of garlic mustard all spring, then pull it out just before it bolts (making a horseradishy vinegar from the choicest roots) — often revealing a generous crop of chickweed lurking underneath.

Here are some of my favorite edible weeds: —Chickweed (*Stellaria media*) Young leaves and stalks, even flowers, in salads. Blend with virgin olive oil and organic garlic for an unforgettable pesto. Add seeds to porridge.

—Dandelion (*Taraxacum officinalis*) Leaves eaten at any time, raw or cooked, but especially tasty in the fall — not spring! Roots harvested any time; pickle in apple cider vinegar for winter use. Dandelion flower wine is justly famous.

—Garlic Mustard (*Alliaria officinalis*) Year-round salad green. Leaves used in any season, even winter. Roots are harvested before plant flowers. Seeds are a spicy condiment.

—Lamb's quarter (*Chenopodium alba* and related species, e.g. *Chenopodium quinoa*). Young leaves in salads. Older leaves and tender stalks cooked. Leaves dried and ground into flour (replaces up to half the flour in any recipe). Seeds dried and cooked in soups, porridge.

—Purslane (*Portulacca oleracea*) The fleshy leaves and stalks of this plant are incredibly delicious in salads and not bad at all preserved in vinegar for winter use.

—Stinging Nettle (*Urtica dioica*) Young leaves cooked for 40-45 minutes and served in their broth are one of my favorite dishes.

Learn about natural medicine at Susun Weed's website, www.herbshealing.com.

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Photo: Woody's Bar & Grill by Tavia Lin Gilbert

this week's contributors



Ann Foster, ABT, is a Health Practitioner of Traditional Chinese Medicine and Jin Shin Jyutsu. She began her studies in Japan in 1978. In 1989 she co-authored an Acupressure Manual and recently was featured in an article in *Vegetarian Times*.

Susan Weed is a contributor to the Routledge International Encyclopedia of Women's Studies, peer-reviewed journals, and popular magazines, including a regular column in *Sage-woman*. Her worldwide teaching schedule encompasses herbal medicine, ethnobotany, pharmacognosy, psychology of healing, ecoherbalism, nutrition, and women's health issues.



J. Patrick Manley, who is 51, lives with his wife, Carol, in Washington, Maine, and has been making a living as a self-employed stone and brick mason there for almost 30 years. He specializes in the design and construction of masonry heaters, and wood-fired pizza and bread bake ovens. He travels widely to build or study ovens and heaters. Pat also sculpts granite and soapstone in his home studio.

Flower Noble is in her last semester of her Master of Social Work program at UNE in Portland. She is a mother, a social worker, a poet, and an activist in the Green Independent Party and POWER.



SEBASTIÃO SALGADO



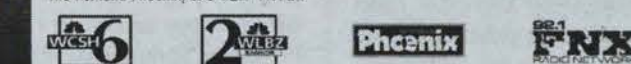
Church Gate Station, Bombay, India, 1992, gelatin silver print, 24 x 34 inches. © Sebastião Salgado.

MIGRATIONS—
HUMANITY IN TRANSITION
and THE CHILDREN

JANUARY 23 – MARCH 23, 2003

Exhibition organized, designed, and curated by Lelia Wanick Salgado with Amazonas Images and circulated by Aperture Foundation. Support has been provided to Sebastião Salgado by Kodak Professional, a division of Eastman Kodak Company, and by Leticia Camero.

The Portland Museum of Art installation is made possible by the Nelson Social Justice Fund of the Portland Museum of Art. Media support has been provided by WCSH 6, WBZ 2, The Portland Phoenix, and 92.1 WFNX.



ASIA Portland Museum of Art, Portland
AFRICA Institute of Contemporary Art at Maine College of Art, Portland
CHILDREN University of New England Art Gallery, Westbrook College Campus, Portland
LATIN AMERICA Center for Maine Contemporary Art, Rockport
LATIN AMERICA University of Southern Maine Art Gallery, Gorham
WORLDWIDE University of Maine Museum of Art, Bangor

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community notices

Education

TEACHERS AS SCHOLARS

PORTLAND —The Maine Humanities Council is offering K-12 teachers the opportunity to explore Roman architecture, soak in the sunshine of French impressionist paintings, and better understand the Middle East without leaving Maine. Teachers can also discover how to turn the Harry Potter phenomenon to the best advantage of their students or analyze how racial stereotypes are reinforced in pop culture. The Maine Humanities Council's Teachers as Scholars program is offered in conjunction with scholars from the University of Southern Maine, all of whom have received enthusiastic reviews from teachers who have participated in previous TAS offerings.

Teachers as Scholars is offered free to public school teachers K-12 in Cape Elizabeth, Cumberland, Falmouth, Freeport, Gorham, Portland, Pownall and Yarmouth. Teachers from other schools may attend, depending upon space, at a cost of \$50 per day. Texts, coffee, and lunch are provided. Locations will be in greater Portland. CEU's are available. Teachers as Scholars is a program of the Maine Humanities Council in cooperation with the University of Southern Maine, Portland Public Schools, and the Casco Bay Educational Alliance and made possible by grants from the Woodrow Wilson National Fellowship Foundation and the Maine Arts Commission. For more information or to register visit www.mainehumanities.org or call the Council in Portland at 773-5051 or toll-free: 1-866-MEReader.

CENSUS OF MARINE LIFE AT USM'S MUSKIE SCHOOL RECEIVES \$1.6 MILLION

PORTLAND —The Muskie School of Public Service at the University of Southern Maine has been awarded a three-year grant of \$1,645,000 from the Alfred P. Sloan Foundation in support of the Gulf of Maine Census of Marine Life.

The Gulf of Maine Census is one of seven pilot projects of the worldwide Census of Marine Life, one of the largest biodiversity projects ever undertaken (<http://www.coml.org>). The Gulf of Maine was selected as an ecosystem-based pilot. Its purpose is to demonstrate how to assess and explain the abundance, diversity and distribution of life in a large, semi-enclosed marine environment.

Muskie School Associate Professor Evan Richert, who is directing the pilot, estimates that the program will require \$25 to \$30 million over the next five to seven years, largely for field studies that will narrow gaps in knowledge about life in the Gulf of Maine, the habitats upon which the life depends, and key ecological processes that shape life in the Gulf. Dr. Lewis Incze of USM's Bioscience Institute serves as Chief Scientist and is coordinating the plans leading to the field studies.

"This grant from the Sloan Foundation sets

the stage for us," said Richert. "Together with support from the Davis Conservation Fund and others, it will enable us to create the first stages of an electronic atlas of the Gulf of Maine. It will support the scientific teams who are designing the field studies. And it will enable a complete review of the technologies, including optics and acoustics, that make a census of marine life possible."

The scientific working groups include experts from around the Gulf of Maine region who will be trying to increase understanding of life on the sea floor, of plankton (plants and animals that drift in the currents of the Gulf), of fish and squid, and of large marine animals and seabirds.

"The working groups will be especially focused on how these different forms of life relate to each other and their environments," noted Richert. "They will also be striking up partnerships with the many scientists and agencies who already are looking at these aspects of the Gulf."

The Edmund S. Muskie School of Public Service at the University of Southern Maine offers master's degree programs in community planning and development, health policy and management, and public policy and management, as well as a doctoral degree in public policy. More than 300 staff conduct applied research and offer technical assistance in health policy, child welfare and related areas in all 50 states and in each of Maine's 16 counties.

A description of the Gulf of Maine Program is available at www.whoi.edu/marinencensus. More information on the Muskie School is available on the Web at www.muskie.usm.maine.edu.

Arts

MAINE STATE BALLET'S FUNDRAISER TO FEATURE SILENT AUCTION, FOOD, MUSIC AND DANCE

PORTLAND —The Maine State Ballet has announced plans for a fund-raising event, entitled "Dancing Through Time," to be held at the Eastland Park Hotel Ballroom on Saturday, March 8, at 6:30 pm.

The event will feature a silent auction, a live auction, abundant hors d'oeuvres, a pasta bar, dancing and music featuring the Tony Boffa Band. WGME's Doug Rafferty will emcee and auctioneer duties will be handled by WCSH's Bill Green.

Proceeds from the event will help the Maine State Ballet continue to provide world class training and performances that allow talented Maine artists to remain in the state. Presently, Maine State Ballet offers two outstanding productions annually. The company hopes to increase this number, allowing our young dancers more opportunities to showcase their many talents.

Established in 1986, Maine State Ballet has become one of the leading professional dance companies in the State of Maine. Working together, Maine State Ballet and the Maine State School for the Performing Arts encourage stu-

Casco Bay Weekly welcomes your community notices. Please keep your thoughts to less than 300 words (longer submissions may be edited for space reasons), and include your address and daytime phone number. Send to Notices, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbw@maine.rr.com

dents to become active, intelligent young artists who will emerge as artistic leaders in their communities. Maine State Ballet embraces the highest artistic standards in the challenge to create a home for talented artists from the State of Maine.

People interested in donating items to the auction or helping with the event are encouraged to contact Debra Aperfine at (207) 797-2116 or via e-mail at Gritsdaa@aol.com. Tickets to the black-tie optional event are \$45 per person and can be purchased by visiting the Maine State Ballet's Web site at www.mainesateballet.org or by contacting Ann Pollak at (207) 829-4139.

MEETING ABOUT MAINE ARTS PROGRAMS WITH REPRESENTATIVE JOHN EDER SCHEDULED

PORTLAND —The Maine Arts Commission, in collaboration with Representative John Eder and SPACE invite artists to a gathering on Friday, January 24, 2003, 1:00 - 3:00 pm to be held at 538 Congress Street, Portland. Local artists will have the opportunity to meet District 31 Representative John Eder, newly elected Legislator and advocate for the arts. In addition, staff from the Maine Arts Commission will discuss artist programs, including Individual Artist Fellowships, the Maine-Artist Access Directory and Traditional Arts Apprenticeships.

Artists are encouraged to meet their neighbors, tour SPACE, and share creative ideas. For those in Portland for the evening, a night of music with Darien Brahms and Friends, with an opening performance by singer/songwriter Emilia Dahlin will be presented by SPACE.

The artist gathering is free, accessible and open to the public. Doors open for SPACE's evening program at 7:30. Tickets are \$5 at the door. Please RSVP at least three days prior to the artist gathering. Contact Kathy Ann Shaw, 207/287-2750 or kathy.shaw@maine.gov. For directions contact SPACE at 207/828-5600.

CALEB ADULT CENTER OPENS SHOP TO SELL CLIENTS' HANDIWORK

PORTLAND —Caleb Adult Center, a non-profit organization that provides computer access (with internet and e-mail) to our elderly and disabled community, will open The Caleb Craft Shoppe in February 2003.

"Our objective is simple," writes Kevin Heffernan, the Center's Executive Director. "[We intend] to show the community at large that everyone has something positive to contribute to our community while helping to fight stigma of ageism and disability. With the opening of the Craft Shoppe, we will not just be giving people the opportunity to sell their quality creations; we will be providing these people with the chance to feel they are a contributing and are a vital part of our society, while enforcing their right to raise their dignity and self-esteem."

For more information, call 771-0296.

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SUBMISSIONS

CBW is actively seeking submissions of all kinds from our community of readers. Photography, comics, articles, proposals and letters should be mailed to: Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mailed to cbw@maine.rr.com

WHO WE ARE AND WHERE TO FIND US

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For information about display advertising, call 207-775-6601. Casco Bay Weekly is published by Maine Publishing Corp., 11 Forest Ave., Portland, ME 04101. Subscriptions available for \$79 per year. Send address change to 11 Forest Ave., Portland, ME 04101.



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your turn

Keep It Up!

I am so happy to have CBW back in business...debut looks great! Like the larger print, the paper, and layout... Nice to see the familiar back...

Loved the Council Notes and think they should be a regular part.

Overall... Yes...its back! Thank Heavens...

Marina Eddy
Portland

Where's The Beat?

Glad to see the CBW back at it. One word of advice — music —there's not a word of it anywhere in the new issue...although people enjoy reading the articles and advertisements, a vast majority of your audience is picking up the publication for a "heads up" on listings and night life, not just the visual art scene.

Good Luck.

Ben Clemons
Portland

From the Staff: We very much agree about pumping up the music scene info and listings, and are busily reestablishing contact with local clubs and venues. It will take us a while to get back on all the mailing lists, but hopefully, you'll find a lot more listings in this issue. This seems like a perfect time for a pitch, so if anybody out there owns a club/venue and wants to see their events listed in CBW, send them via email to: listings@maine.rr.com. Deadline for receipt is the Friday prior to publication.

Casco Bay Weekly wants your letters! Please send your submission (no more than 300 words), to Letters, Casco Bay Weekly, 11 Forest Ave., Portland, ME 04101 or e-mail: cbw@maine.rr.com. Be sure to include your address and daytime phone number.

the protagonist

Subject of the Week: Putting Our Money Where Our Mouth Is

Everyone has heard the stories about how big bad Starbucks or Wal-Mart, or whichever the big company du jour is, has hurt our local economy, destroyed local businesses and pretty much get blamed for all of the ills of America. Give me a break.

Sure, they have better buying power — as would local businesses if they banded together. And, yes, they do attract employees due to benefit packages that most small business owners do not know how to pay for. However, these famous American success stories are not the enemy. Lack of education and customer loyalty is also part of the equation.

For example - Two of the biggest expenses for small community based businesses are payroll and marketing. When was the last time you volunteered your time at the local coffee shop or bookstore? If small businesses had access to community interns who would help them at peak periods of the year, they could save thousands of casual labor dollars that could be redirected to comprehensive benefits for their full time employees, therein providing a better quality of life for those who serve us full-time.

Consumers often complain about real estate developers scooping up green space and big companies hurting little ones. But who actually buys the homes that these developers build and who buys what the big companies sell? Those very same consumers!

What can you do? First of all, invest your extra time and resources in a business that you care about. Volunteer for a local business. Buy a piece of equipment that they need to better compete or compete more successfully and lease it back to the business, instead of putting all of your money into mutual funds. Any attorney can draw up a simple contract and it keeps your investment money local. Finally, don't play the victim; helplessness is not a disease, only a momentary challenge — move on and get over it!

If any CBW readers have proactive ideas on how to help local companies without directly hurting other businesses — small or large, drop us a line at CBW (please no anti-business tax strategies or isolationist theories — let's keep this fun, positive and creative).

Thoughts from Anti-War Demonstration in Nation's Capitol

BY FLOWER NOBLE

On Friday, January 17th, eight charter buses left from Portland carrying protesters from Southern and Mid-Coast Maine to attend the anti-war protest in Washington, DC. Saturday's protest had a crowd estimated at between 200,000 and 300,000 people from across the country and other nations. Peace Action Maine and other state organizations reportedly chartered every available bus to transport protesters to DC.

This entourage of traveling protesters was only a percentage of the people from Maine who traveled to DC to protest in solidarity with other protests being held across the country. At 8pm the protesters assembled at the Park and Ride lot on Marginal Way in Portland with knapsacks and pillows in hand. Dozens of hopeful bystanders waited to see if there were leftover spaces on the bus. Many of those who did not find a place on the bus ended up making the journey to DC in carpools.

I was a traveler on Portland Bus #1. I was amazed by the difference in the backgrounds of the protesters I encountered. From my place on the bus, I met a physician's assistant, a teacher, a social worker, a nurse, a retired woman, several students from Maine College of Art and Gorham High School, and an administrative assistant. Though there were no people of color on Bus #1, there was a tremendous amount of economic, occupational, and age diversity. Peace Action Maine helped make the crowd more diverse by offering some full and partial scholarships to low income persons.

I was less astounded by the diversity than by the fact that these people, from different walks of life, were all passionate enough about not wanting a war against Iraq that they would spend money to go to DC, take the weekend off, and march in twenty degree weather. Yet, there we all were, giddily passing around snacks and literature all the way to DC, and snoozing all the way home.

Following the rally, I asked a few protesters these questions:

"Why was it important for you to attend this rally?"

Ann Gleason - Social worker and Green Independent volunteer:

"I feel like I don't have a lot of say in what is currently happening in our nation's foreign policy. I feel like my voice does count when it is combined with thousands of other voices."

James Kincaid - MECA artist and activist:

"I came to reaffirm that there is a large number of people who are against this war and to revitalize each of our energies by

coming together. [Also] to represent solidarity and the fight for humanity."

Bonnie Jones - a PCA in Portland, a member of POWER, and an activist:

"It was important for me to be there because I wanted to protest the Bush regime, and make an appearance close to the capital because I have never been there to show my distrust and distaste for the way the Bush administration is leading our country. I just wanted to be part of the presence in Washington so that the nation and the world would know that there are Americans who do not support going to war with Iraq."

"How did it feel to be there?"

Ann Gleason: "It felt good to know how many other people feel the same way. It made me realize that probably a lot more people are against this war, though they don't actively protest by wearing a pin or something. However, even with that many people, I felt powerless to affect any significant amount of change. It made me realize the power of our government. There were so many of us and we were so passionate and yet, Bush could still minimize our dissent and do exactly what he wants to do... I don't think our perspectives should be overlooked. The protest had a real life or death quality, for everyone."

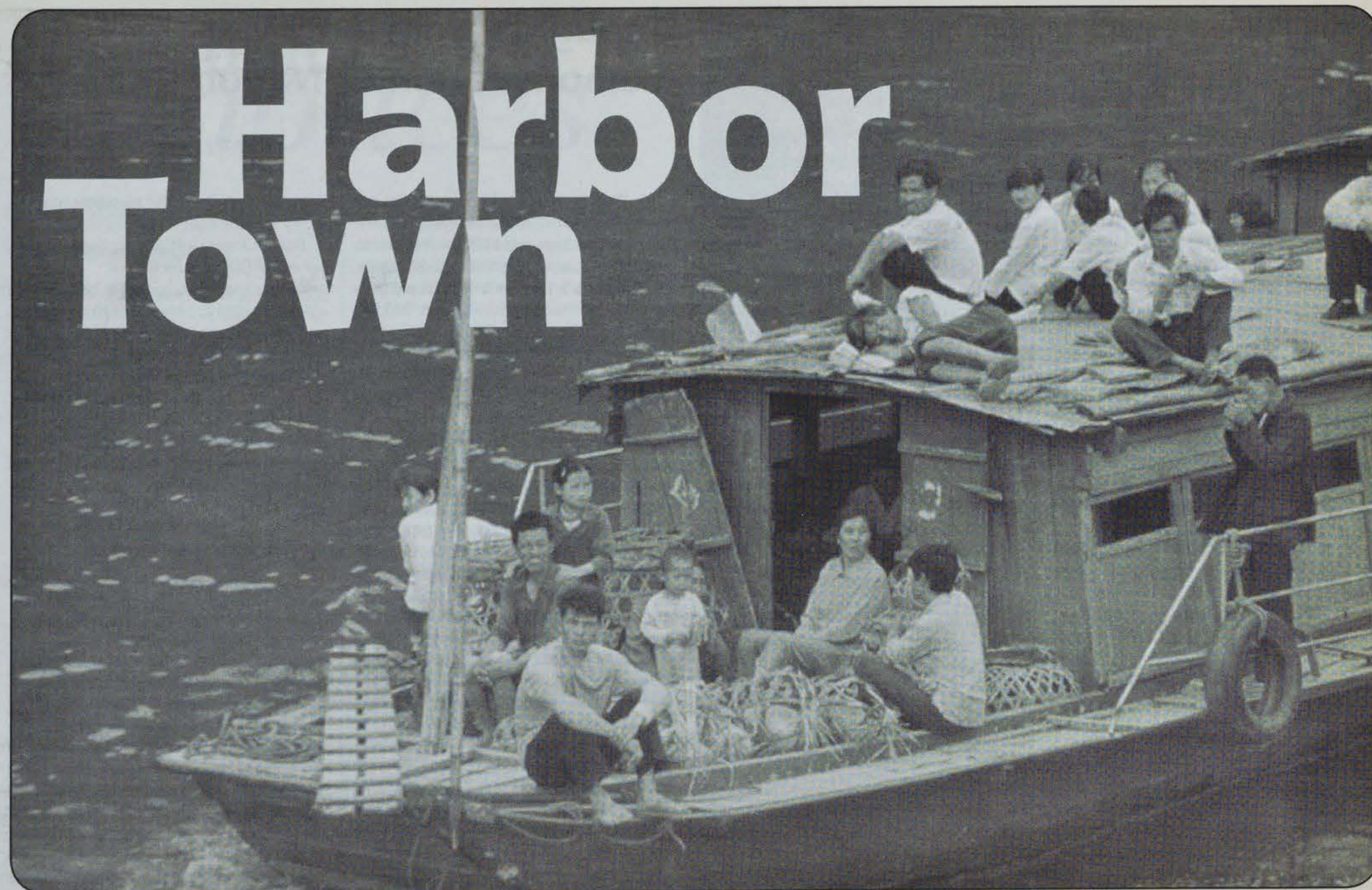
James Kincaid: "I thought it was incredibly positive, and it was great to see people of all ages and subcultures and ethnicities. I feel that coming together has given us all the boost we need to continue our efforts after the protest."

Bonnie Jones: "I think it felt overwhelming. I had never been in a crowd that size with so much energy. What was lasting for me was the way in which the organizers used the symbolism of Martin Luther King, Jr. and the way the protest itself was not just centered around anti-war rhetoric but anti-racism and anti-oppression: The themes that Martin Luther King addressed when he was alive.

I think it was really empowering that we were not the only ones protesting. There were also protests in San Francisco, Portland (Oregon), Japan, and Germany. I felt it was a worldwide movement, and the beginning of a movement of hope."

So, the protesters have spoken. If you have always hesitated to attend protests like this because you thought that only zealots and misfits would be in attendance, here is testament that people who normally write to our legislators do attend, when those other measures fail. Join us next time and help our numbers grow!

Harbor Town



by Roy Allen

With so much coverage of the influx of Somalians in Maine, it's easy to forget that just about everybody's family was "from away" at some point. In our second issue of 2003, CBW reports on Portland's immigrant population, past & present, and the richness they have brought to our community.

City of immigrants

U.S. Constitution: Fourteenth Amendment Fourteenth Amendment - Section. 1 Rights Guaranteed Privileges

All persons born or naturalized in the United States and subject to the jurisdiction thereof are citizens of the United States and of the State wherein they reside. No State shall make or enforce any law, which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws

What does the above section of the constitution really mean? Well, the answer is—it depends on whom you talk to. Many people interpret it to their own personal agenda. However, to millions of people from all over the world. It means one word—*Hope!*

In this article, I would like to reflect on the diverse culture that has contributed to Portland over the last hundred years. We are a nation forged by immigration—rich in tradition, diverse cultures and incredible opportunity.

The city we all call home is simply a mirror image of what is happening all across America—with just different faces and names.



Italian-Americans enjoying a game of bocce.

European Influence Past & Present

The earliest permanent European settlers in Maine came from western England. They were soon followed by the Scots-Irish and by a number of Quakers, or Friends, from the other New England colonies. In the 1740s Germans settled in Waldboro, and soon afterward many Irish Roman Catholics moved to York, Lincoln, and Cumberland counties. The French, who controlled much of Maine's territory until 1759, were not active colonists. However, a number of families of French settled along the coast.

Large-scale emigration westward in the mid-19th century aroused fears for the state's future. As a result, in 1870, William W. Thomas, the state commissioner of immigration, brought over a group of Swedish immigrants who established the colony of New Sweden in northern Aroostook County. Although the French Canadians have lived in Maine since early colonial days, most came to Maine beginning late in the 19th century to work in factories. Finns, Russians, Poles, Italians, and others eventually joined them.

The waves of Irish and Italian immigrants reached Portland's shores over a century ago. Ever since 1663, when Lt. Thaddeus (Teague) Clark wed Elizabeth Mitton in this area, Irish men and women have been contributing to Portland's heritage. Our police chief, Michael J. Chitwood, is of Irish descent, as is Councilor Peter O'Donnell. Deputy Police Chief William Ridge is from an old Galway Irish family. So were the parents of former Gov. Joe Brennan, a resident of Munjoy Hill. Former U.S. Sen. George Mitchell, who once practiced law in Portland, is of Irish and Lebanese descent. Local TV newscasters Doug Rafferty, Pat Callaghan, John Doherty and Bill Green are all Irish.

Then, Portland's Irish heyday came to an end with the advent of World War II. From the 1940s to the mid-1970s, Irish parades were few and decidedly smaller, as Portland's formerly close-knit Irish community dispersed, often to the suburbs in a move toward upward mobility. Of dozens of early Irish organizations, only two survived: the fraternal Ancient Order of Hibernians, with an all-male, Catholic membership; and the Irish-American Club, which anyone can join.

As Matthew Ward, director of Catholic Charities Maine's refugee resettlement program, points out, "There's a difference between ethnic groups who have been here a while and are trying to teach their children their roots and those who come here and most everything is foreign to them."

Ward compared the difference to that of an Italian-American couple who send their child to Italy to study the culture and a Sudanese couple who want their children to hold onto their native traditions and values in their new, American surroundings. For refugee families, Ward said, "It's not so much an issue of preserving [their culture]. It's all they have."

Mike Furey, an Irish-born member of the Hybernians, thought it only a matter of time before today's newcomers become full members of American society. "They will settle and have kids who will be politicians," he said, "much like the Irish did."

Asia

Large-scale Asian immigration to the United States began in the 19th century. Drawn by economic opportunity, Asians migrated across the Pacific to the continental United States or Hawaii. The Chinese, Japanese, Koreans, Filipinos, and Asian Indians were prominent among early immigrants from Asia. During the Second World War, (1939-1945) many Japanese

Americans living on the West Coast were relocated to camps in the interior of the country. Nonetheless, the war and its aftermath brought an improvement in the status of most Asians in the United States. Between 1943 and 1952 the U.S. government approved yearly immigration quotas for China, the Philippines, India, Japan, and South Korea. First-generation Asian immigrants were permitted to apply for naturalization. The Immigration and Nationality Act of 1965 allowed larger numbers of Asians to immigrate each year. These new waves of immigrants reinvigorated established Asian American communities. In 1975, many immigrants from Vietnam, Laos, Cambodia, and other Southeast Asian countries settled in the United States.

A Chinese Year celebration will be sponsored in Portland on February 2nd by the Chinese and American Friendship Association of Maine and the US and China Friendship Association. The location is Deering High School at 370 Stevens Avenue. The time is 11:00 A.M. until 4:00 P.M. Admission is \$5.00 for adults and \$2.00 for children. There will be many events including Chinese ceramics, dance, music, educational slide shows and, of course, lots of great food! For more information, please contact Susan Lieberman at 773-4691 or via e-mail: liebs@maine.rr.com.

FOREIGN-BORN POPULATION: Portland, Maine

The 2000 census recorded 4,895 foreign-born residents in Portland. That was a 7.6 percent share of the overall population, which was higher than the 2.9 percent share for the state. The 2000 data showed an increase of 49.1 percent in the immigrant population since 1990, which compared with a 2.8 percent decrease in the native-born population (which includes children born to immigrants) over the same period. That meant that immigration was adding population at the same time that the city was losing native-born residents.

In 2000, the Census recorded that more than half (57.8%) of the city's foreign-born population had entered since 1990. This was much higher than the share for the state overall (28.3%). More than one-third (34.2%) of the foreign-born residents had become naturalized U.S. citizens. This was much lower than the rate for the state overall (65.2%).

Another indicator of the impact of the foreign-born population may be seen in data on residents who speak a language other than English at home. In the city in 2000, the share of other-than-English speakers at home (age 5 and older) was 9.9 percent. More than one-third (38.6%) of those persons admitted to speaking English less than very well.

The foreign-born population of the city in 1990 was about 3,400 residents. This was a population share of 5.1 percent. By comparison, the foreign-born population share of the state in 1990 was three percent.

POPULATION PROJECTION 2025

The current rate of population change between 1990-00, if continued, would result in a population in 2025 of 64,000 residents. That would be virtually unchanged (-0.4%) from the 2000 population.



Chinese-American mother and baby.

New faces to Portland



Lazarus John Donato — age 16
Attends Portland High School — Loves Soccer
Came to America: Two and a half years ago
Country of Origin: Sudan
He came through Egypt with Grandmother and two Sisters (ages 5 & 7) after both parents died in political struggles.
Future Life: Has not yet considered what is next step, but enjoys the many friends he has met at Portland High School.



Juer Diih
Came to America: One year ago through Egypt
Country of Origin: Southern Sudan
Family: Single mom with seven children — Location of husband unknown. Fled country because all women with husbands in movement were imprisoned.
Previous Life: Was stay-at-home mom and seamstress. Worked in Chinese textile mill and with program that provided Malnutrition Rehabilitation Counseling.
Future Life: She is seeking night work, so that she can be with her children during the day.



Regina Nataniel
Came to America: Three years ago through Khartoum
Country of Origin: Sudan
Family: Single mom with four children — Location of husband unknown
Previous life: Was an officer in the military — where soldiers were all high school age. Fled country to escape imprisonment and execution.
Future Life: Would like to find a job where she can work while the children sleep. Then, she can be home while they need her. She likes America because she grew up in "a suffering land" and wants her children to be able to grow up safe and educated.



Charlotte Mutombo
Came to America: Three years ago through Benin
Country of Origin: The Congo
Family: Single mom with 3 children — Husband died in war.
Future Life: She was a seamstress specializing in ladies apparel. She would like to start her own home-based business—but needs a sewing machine. She likes America because it is a very sportive culture that can provide education to her children.
Most Difficult Challenge: She speaks fluent French and needs help understanding American language and culture.

Africa: 2002/2003

Over the last couple of months, we have all watched the national news reports about what is happening in the Middle East. Is it any wonder why people are fleeing to our shores? Or, is this just a repeat of America's rich history, this time told more in black than white?

My family has been in the United States for many generations, coming from Ireland, Germany, Scotland, France, and England. We are a pretty assimilated bunch having been boiled in the melting pot for over a hundred years. Of course, I went to school with kids whose families were newcomers and tended to marry into their own culture. I always enjoyed learning about the different families, foods and traditions. There was a sprinkling of Asians and African-Americans. But, for the most part, we all looked a like—white and European. Most blacks I had met came from the American south. Not directly from Africa. So, they too shared much of a common culture.

When I moved to Portland, there was

much in the news about Somalia and the refugees. These folks seemed very black to me—like Ethiopians, much different than the kids I went to school with. Where was Somalia anyway (see sidebar)? And, why were so many of them coming to Portland so fast? I seemed to see a lot of them as I walked through town on one errand or another. Over the last couple of weeks, I have had the opportunity to meet several of these "new faces" and guess what? Not one of them is from Somalia.

My first visit was with Sulemana Asigri Samare who came to America two months ago, from Togo. He was originally from Northern Ghana. His father was tribal chieftain, and out of favor, Sulemana fled to be free. He was a college student majoring in Business Administration, with a future in Public Sector Administration. Currently the INS is helping with personal documentation so that he can return to school, where he would like to become a nurse. His biggest fear was coming through Amsterdam during the wake of September 11th, without papers, and fearful of being thought a terrorist.

What is Temporary Protected Status?

Temporary Protected Status (TPS) is a temporary immigration status granted to eligible nationals of designated countries (or parts thereof). In 1990, Congress established a procedure by which the Attorney General may provide TPS to aliens in the United States who are temporarily unable to return to their homeland because of ongoing armed conflict, environmental disasters, or other extraordinary and temporary conditions.

During the period for which the Attorney General has designated a country under the TPS program, TPS beneficiaries are not required to leave the United States and may obtain work authorization. However, TPS does not lead to permanent resident status. When the Attorney General terminates a country's TPS designation, beneficiaries return to the same immigration status they maintained before TPS (unless that status had since expired or been terminated) or to any other status they may have acquired while registered for TPS. Accordingly, if an alien had unlawful status prior to receiving TPS and did not obtain any status during the TPS period, s/he will revert to that unlawful status upon the termination of that TPS designation.

Who is Eligible?

An alien who is a national of a country (or alien having no nationality who last habitually resided in that country) designated by the Attorney General is eligible to apply for benefits under the TPS program if he or she: establishes continuous physical presence and continuous residence in the United States for a specified period of time; is not subject to several criminal and security-related bars; and timely registers for TPS benefits. If the Attorney General extends a TPS designation beyond the initial designation period, the beneficiary must timely re-register to maintain his or her benefits under the TPS program.

An alien is not eligible for TPS if s/he: has been convicted of any felony or two or more misdemeanors committed in the United States; is a persecutor, terrorist or otherwise subject to one of several security-related bars to asylum; or is subject to

one of several criminal-related grounds of inadmissibility for which a waiver is not available.

The countries (or parts thereof) which are currently designated under the TPS program are Angola, Nicaragua, Burundi, Sierra Leone, El Salvador, Somalia, Honduras, Sudan, Liberia and Montserrat.

Refugee Eligibility Determination

Eligibility for refugee status is decided on an individual, or case-by-case, basis. A personal interview of the applicant is held by an INS officer. The interview is non-adversarial and is designed to elicit information about the applicant's claim for refugee status.

The INS officer must determine whether the applicant has suffered past persecution, or has a well-founded fear of future persecution, on the basis of political opinion, religion, nationality, race, or membership in a particular social group. This determination requires the examination of objective and subjective elements of an applicant's claim. Conditions in the country of origin are taken into consideration and the applicant's credibility is assessed. INS refugee determinations are made according to a uniformly applied worldwide standard. Generally, all refugee applicants, with certain exceptions, are subject to the same adjudication criteria.

Legislation has altered the refugee adjudication process in certain cases. The Lautenberg Amendment (a provision of the Foreign Operations Appropriations Act for Fiscal years 1990 through 1994 and subsequently extended) mandated that the Attorney General identify categories of former Soviets (specifically Jews, Evangelical Christians, Ukrainian Catholics, and Ukrainian Orthodox), Vietnamese, Lao, and Khmer, who are likely targets of persecution. Under this legislation, a category applicant may establish a well-founded fear of persecution by asserting a fear of persecution and asserting a credible basis for concern about such fear.

Under the Illegal Immigration Reform and Immigrant Responsibility Act of 1996 (IIRIRA), the definition of refugee was expanded to include persons who have resisted or been subjected to, or have a well-founded fear of being subjected to, coercive population control measures.

Where is Somalia Anyway?

As so much has been in the news in and around Portland about the Somalian refugees, we thought you might like to know a little more about their country and historical struggles.

Source: www.infoplease.com

Geography

Somalia, situated in the Horn of Africa, lies along the Gulf of Aden and the Indian Ocean. It is bounded by Djibouti in the northwest, Ethiopia in the west, and Kenya in the southwest. In area it is slightly smaller than Texas. Generally arid and barren, Somalia has two chief rivers, the Shebelle and the Juba.

Government

Between Jan. 1991 and Aug. 2000, Somalia had no working government. A fragile parliamentary government was formed Aug. 22, 2000.

History

From the 7th to the 10th century, Arab and Persian trading posts were established along the coast of present-day Somalia. Nomadic tribes occupied the interior, occasionally pushing into Ethiopian territory. In the 16th century, Turkish rule extended to the northern coast, and the Sultans of Zanzibar gained control in the south.

After British occupation of Aden in 1839, the Somali coast became its source of food. The French established a coal mining station in 1862 at the site of Djibouti, and the Italians planted a settlement in Eritrea. Egypt, which for a time claimed Turkish rights in the area, was succeeded by Britain. By 1920, a British protectorate and an Italian protectorate occupied what is now Somalia. The British ruled the entire area after 1941, with Italy returning in 1950 to serve as United Nations trustee for its former territory.

By 1960, Britain and Italy granted independence to their respective sectors, enabling the two to join as the Republic of Somalia on July 1, 1960. Somalia broke diplomatic relations with Britain in 1963 when the British granted the Somali-populated Northern Frontier District of Kenya to the Republic of Kenya.

On Oct. 15, 1969, President Abdi Rashid Ali Shermarke was assassinated and the army seized power, dissolving the legislature and arresting all government leaders. Maj. Gen. Mohamed Siad Barre, as president of a renamed Somali Democratic Republic, leaned heavily toward the USSR. In 1977, Somalia openly backed rebels in the easternmost area of Ethiopia, the Ogaden Desert, which had been seized by Ethiopia at the turn of the century. Somalia acknowledged defeat in an eight-month war against the Ethiopians that year, having lost much of its 32,000-man army and most of its tanks and planes. President Siad Barre fled the country in late Jan. 1991. His departure left Somalia in the hands of a number of clan-based guerrilla groups, none of which trusted each other.

Africa's worst drought occurred in 1992, and coupled with the devastation of civil war, Somalia was plunged into a severe famine—an estimated one-third of the population was in danger of dying from starvation. U.S. troops were sent in to protect the delivery of food in Dec. 1992. In May the UN took control of the relief efforts from the U.S. The warlord Mohamed Farah Aidid ambushed UN troops and dragged American bodies through the streets, causing an about-face in America's willingness to involve itself in the fate of this anarchic country. Peace talks in Kenya appeared to be moving slowly but steadily toward an agreement on an interim government, at least in principle, when on March 23, 1994, they collapsed. The last of the U.S. troops left in late March, leaving 19,000 UN troops behind.

Since 1991 Somalia has been engulfed in anarchy. Years of peace negotiations between the

various factions have been fruitless, and warlords and militias rule over individual swathes of land. In 1991, a breakaway nation, the Somaliland Republic, proclaimed its independence. Since then several warlords have set up their own ministates—Colonel Jama Ali Jama is president of breakaway Puntland, and Mohamed "General Morgan" Said Hersi has ruled Jubaland since the fall of 1998. Although internationally unrecognized, these states have been peaceful and stable.

In Aug. 2000, a parliament convened in nearby Djibouti and elected Somalia's first government in nearly a decade. After its first year in office, the new government still controlled only 10% of the country. But it had made significant advances for a country starting over: a national police force and army are in place and half of the 20,000 militias roaming the country have been demobilized.

In Nov. 2001, the U.S. froze the assets of Somalia's largest financial company, al-Barakaat, because of its alleged association with al-Qaeda terrorists. The company is a money-wiring business that transfers millions of dollars annually from Somali immigrants abroad to their relatives in Somalia. The freeze has severely damaged the fragile Somali economy.

Ethnic Educational Groups

ALANA - (African, Latino/a, Asian, Native American)
389 Congress Street, Suite 208
Portland, ME 04101
Phone: 207-874-8689
Fax: 207-874-8669
E-mail: rtr@ci.portland.me.us

Asian-American Heritage Foundation
83 Sherman Street
Portland, ME 04101
Phone: 207-874-8135
Fax: 207-756-8421

Center for the Art of Living in America
PO Box 1123
Rte. 177
Blue Hill, ME 04614
Phone: 207-374-2405
Fax: 207-374-2383
E-mail: truus@downeast.net

Center for Cultural Exchange
One Longfellow Square
Portland, ME 04101
Phone: 207-761-0591
Fax: 207-761-4254
E-mail: portarts@gwi.net

Chinese and American Friendship Association of Maine (CAFAM)
PO Box 10372
Portland, ME 04104
Phone: 207-871-7437 x111
Fax: 207-871-7465
E-mail: mward@ccmaine.org

Chinese Association of Maine
115 Alfred Street
South Portland, ME 04106
Phone: 207-799-1132
Fax: 207-799-1132
E-mail: xugan@worldnet.att.net

Ethnic Minority Coalition
PO Box 10055
Portland, ME 04104
Phone: 207-822-0418
Fax: 207-773-3392
Fax: 207-822-0165

Franco-American Women's Institute
<http://www.fawi.net>

Holocaust Human Rights Center of Maine
PO Box 4645
Augusta, ME 04330-1644
Phone: 207-993-2620
Fax: 207-993-2620
E-mail: hhr@juno.com

India Association of Maine
254 Park Avenue
Auburn, ME 04210-4114
Phone: 207-783-2946
E-mail: asharna@auburnschl.edu

Japan-America Society of Maine
PO Box 8461
Portland, ME 04104
Phone: 207-878-9440
Fax: 207-878-9440

Jewish Federation of Southern Maine
57 Ashmont Street
Portland, ME 04103
Phone: 207-773-7254
Fax: 207-772-2234

Killing Fields Survivors' Society
23 Summer Street
Biddeford, ME 04005
Phone: 207-874-7025
Fax: 207-874-7739
E-mail: rotha@cybertours.com

Korean-American Friendship Association in Maine
Sun Oriental Market
626 Congress Street
Portland, ME 04101
Phone: 207-772-8675

Maine Khmer Council
14 Baxter Boulevard
Portland, ME 04101
Phone: 207-773-4753 x267
Fax: 207-774-6471
E-mail: shawna@porthouse.org

Network Hispano de Maine
655 Congress Street (#602)
Portland, ME 04101
Phone: 207-838-9329
Fax: 207-879-2563
E-mail: jconn10471@aol.com

South Asian Association of Maine
(Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka)
<http://www.umaime.edu/saam/>
Contact.asp



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Portland/Lewiston refugee collaborative

by Tavia Lin Gilbert

A little over a year ago, Cheryl Hamilton was planning to leave her native state of Maine and work in Africa when she was offered a job with the City of Portland resettling refugees moving to Maine from other American states.

Cheryl, an Auburn native, says she recognized an "excellent opportunity to contribute to [her] community," so she put off her travel plans and began work as the Program Supervisor for the Portland-Lewiston Refugee Collaborative, City of Portland Health and Human Services program.

In the last 12 months, Cheryl and her staff have assisted nearly 1000 secondary migrant refugees to resettle in Portland and Lewiston-Auburn. Hamilton teaches "cultural and life skills" workshops to immigrants from Somalia, Sudan, Congo, Togo, Iran, and Cambodia. She offers assistance to immigrants looking for housing and employment, helps the new residents acclimate to the culture of Maine, and does anything she can to help them "become more self-sufficient."

Secondary migrant refugees are immigrants who are relocating after having lived elsewhere in the United States for between six months and five years. One is truly only a refugee for the first year of their residence in a non-native community, Hamilton explains, and adds that some of those referred to as refugees have already become American citizens.

Though she's only 25, Cheryl has prepared for this position by working with the American Red Cross, the World Affairs Council in Boston, and with the Liberal Democrat Party in London. She graduated from Clark University in Worcester, Massachusetts, in 2001 with a BA in International Relations. Her Bachelor's thesis analyzed the impact on the Lewiston community from the resettlement of the Togolese. She explained the typical areas of concern that arise with resettlement.

First, resettlement communities want to know how many new immigrants are moving into their community. Second, they want to know the potential impact on their community resources, including schools, housing and employment. Third, they question how taxes will reflect the cost of resettlement. And finally, some residents question whether or not their own cultural heritage will be affected.

"The concerns are justified, but that's no reason not to let people in," she says. "We know the concerns are out there, but we also know families need to be resettled."

The questions that arise when a new group resettles in an established community are "universal," she says. The leader of any resettlement community has to "balance the numbers with the fears and concerns of their constituency."

One also finds the concerns of the immigrants are the same as any family moving into a new community. New residents are looking for "security, stability, a good place to raise kids, and affordable housing," and opportunities to educate themselves and their children.

Hamilton considers immigrants an asset to the State of Maine. She points out that in a state with a "dwindling workforce" and a "high retirement rate," young immigrants with young children provide a "future for the state." And immigrants draw attention to the needs of all residents. For example, as immigrants have moved into Lewiston, public services like transportation have been revitalized for the whole community.

Cheryl says that she "appreciates both populations" she works with, including the Lewiston-Auburn natives and the incoming refugees. Her grandparents migrated from Ireland to Canada to Lewiston and her grandmother worked at a Lewiston mill, so she says she's "not too many generations removed from same migration people are critical of."

But it's from the immigrants themselves that she's learned "what the word community means."

"I give most of the credit to the refugees themselves. Collectively, we underestimate their ... contribution. They go out of their way to help each other," she says. "We're not holding their hands. They stand on their own."

Hamilton is looking for a Masters program in International Affairs. She doesn't rule out a career in politics, but knows that whether she's working internationally or in Lewiston, she will work in public policy and multi-cultural issues.

"I love what I'm doing right now," she says. In addition to working with elders of immigrant communities, Cheryl works with a multi-lingual, multi-cultural staff she greatly appreciates.

"I couldn't do this job without my staff, because they educate me every day," she says. "We laugh and joke and make cultural faux pas all the time. There are just some great people I learn from. Refugees receive good services in Maine because of the good people who work in the field."

On February 8, 2003, Sudanese from Portland and all over the world will celebrate one of their own – a Catholic saint!

Saint Guiseppine (Josephine) Bakhita Woman of Faith and Forgiveness - Canonized October 1, 2000 (Born 1869 in Sudan - Died 1947 in Italy)

Guiseppine (Josephine) Bakhita was born in Sudan, Africa to a loving, and prosperous family. At nine, she was kidnapped and sold into slavery, where a series of owners humiliated, tortured and mutilated her. Later in life, in a marvelous first-person narrative she had written, Bakhita described some of the horrors her slavery entailed. "One day I unwittingly made a mistake that incensed the master's son. He became furious, snatched me violently from my hiding place, and began to strike me ferociously with the lash and his feet. Finally he left me half dead, completely unconscious. Some slaves carried me away and lay me on a straw mat, where I remained for over a month." Sold to a Turkish general, his mistresses' daily dealt her punishment by whips and beatings. At 13, Bakhita underwent the excruciating ordeal of tattooing. "A woman skilled in this cruel art came to the general's house...our mistress stood behind us, whip in hand. The woman had a dish of white flour, a dish of salt and a razor ... When she had made her patterns; the woman took the razor and made incisions along the lines. Salt was poured into each of the wounds ... My face was spared, but 6 patterns were designed on my breasts, and 60 more on my belly and arms. I thought I would die, especially when salt was poured in the wounds ... it was by a miracle of God I didn't die. He had destined me for better things."

Between 1883-85, Bakhita was sold twice more, and was taken to Italy to be a nursemaid for her mistress' child. There the child, named Mimmina, was enrolled in a boarding school run by the Daughters of Charity ("Canossian Sisters"). Bakhita began to learn about the Catholic faith, and the tender mercies of a gentle God who loved her. "I was expected to stay with Mimmina; thus I enjoyed the opportunity to be instructed in the Christian faith ... the saintly sisters helped me know God, whom I had experienced in my heart since childhood ... I had asked who could be the master of the sun, moon, stars - now at last I knew Him!" When Mimmina's mother came to take her back to Africa, Bakhita announced her intention to stay with the sisters, be baptized and have an opportunity to practice her new faith. Despite her mistress' anger over this, the Superior enlisted the Cardinal and King's Procurator

to declare that, since slavery in Italy was illegal, Bakhita was truly free. Baptized in January 1890, she took the name Guiseppine (Josephine) and remained in the catechumenate for 4 more years, "during which I could hear more and more clearly the gentle voice of the Lord, urging me to consecrate myself to God."

After prayer and discernment, Guiseppine (Josephine) joined the religious order, pronouncing her religious vows on December 8, 1896 at the age of 41. Though her memoirs stop there, Guiseppine (Josephine) lived to be 78, her life marked by simplicity - she was a cook, seamstress, sacristan and doorkeeper. She used to tell the teachers in the community "You teach catechism, I will stay in the chapel and pray for you that you may teach well." Guiseppine (Josephine's) goodness and spiritual authority impressed many people. One priest, who observed her caring for victims of World War I, and speaking bluntly



Guiseppina Bakhita (1869-1947)

about things amiss, remarked, "That African Sister is goading me on in my ministry!" After a biography about her was published in 1930, Guiseppine (Josephine) became a celebrity - speaking requests, travel engagements and fund-raising for the Order took her time. Though her health gradually worsened, forcing her into a wheelchair, she remained a model of holiness and charity. A sister asked her once "Do you wish to go to heaven?" She answered, "I neither wish to go nor to stay. God knows where to find me when he wants me!" Sister Josephine Bakhita died February 8, 1947. She lay in state for three days, and mourners noticed that her limbs remained flexible. Mothers lifted her hands and placed them on the heads of their children, praying for her blessing. Large crowds followed her hearse to the cemetery. A woman of immense faith and forgiveness, she was beatified in May 1992 as "blessed" in the Catholic canon of saints.

Source - Holy Angels Church - An African-American Catholic Community in Chicago, Illinois.

Continued page 38

restaurant row

American

THREE DOLLAR DEWEY'S. A restaurant and pub with 70 different kinds of beer, full bar and hearty pub fare. Specialties include 3-alarm chili, smoked seafood chowder and our fish and chips, prepared with fresh haddock. We also serve a variety of burgers, nachos and many vegetarian entrees. Specials changing daily. 241 Commercial Street, Portland. 772-3310.

WOODY'S BAR & GRILL. Serving creative fast food cuisine. Featuring local natural beef and chicken, and focus on fresh local ingredients. Make sure to try the already famous "Woody Burger," and the soon to be famous Fish Tacos. Daily specials include natural steaks, vegetarian and vegan dishes, soups and wine. There's also gelato and other fresh desserts. Woody's serves this all up in a relaxed, cozy and casual atmosphere. "A burger joint in the best sense of the word," say *Portland Press Herald*. Open for lunch Tuesday - Friday, dinner Tuesday - Saturday. 43 Middle Street Portland. 253-5251. www.woodysburgers.com

THE BREAKAWAY. Now open 12-5pm daily for lunch! Hearty pub fare including a fantastic barbeque on Wednesdays on the deck featuring burgers, ribs and steaks! Check out our changing menu daily. Smokers welcome. See our ad in the clubs section for date info on nightly entertainment! 35 India Street, Portland. 541-4804.

Asian/Chinese

FAR EAST RESTAURANT. The Bayside neighborhood's newest restaurant serving fresh, delicious Chi-

nese & Asian dishes. Appetizers, seafood, house and luncheon specials & desserts. Take out & dine in; open 7 days: M-Th 11am-9pm. 40 Portland St. (in old Natasha's spot). Portland. 207-761-9998.

ORIENTAL TABLE. Szechuan, Hunan & Cantonese. We will prepare any of our dishes to your liking. We are happy to accommodate your special request; please let us know your preferences. We serve many vegetarian and heart-smart choices. Hrs: Mon-Thu 11:30am-8pm, Fri & Sat 11:30am-9pm, Sunday closed. 106 Exchange St (top of the Old Port) Portland.Tel: 775-3388, Fax: 772-3388. FOOD:★★★★1/2, SERVICE:★★★★, VALUE FOR THE \$:★★★★ from *Portland Press Herald-Go Cheap Eats*, Nov., 2000.

WOK INN. Szechuan, Hunan, Cantonese & Thai. Excellent food, fast and affordable. Choose from more than 130 delicious menu items. Eat in or take out. Delivery to Cape Elizabeth, Cumberland, Falmouth, Gorham, Portland, Scarborough, South Portland, Westbrook, Yarmouth. Hours: Su-M 11:30am-9:30pm, T-Th 11am-11pm, F-Sa 11am-2am. 1209 Forest Ave., Portland. 797-9052 or 797-9053.

Barbeque

BEALE STREET BARBEQUE & GRILL. Under the bridge in Knightville, South Portland. Features hickory smoked and grilled meats, poultry, fish & seafood as well as creative daily lunch and dinner specials. Full bar featuring Maine microbrews on tap. Reservations are not accepted. Children are welcome. Open all day, seven days a week. 90 Waterman Drive, South Portland. 767-0130.

Café

BINTLIFF'S AMERICAN CAFE. (Serving Brunch Daily 7am-2pm.) Featuring... custom omelets, tortillas, specialty benedicts, homemade granola and other American Fusion Cuisine. Full bar and everything is complimented by warm, comfortable Greek Revival surroundings. 98 Portland St (across from the Post Office). 774-0005.

FRIENDSHIP CAFE. Enjoy breakfast and lunch in a friendly, casual atmosphere. For brunch, over-stuffed omelettes, fresh quiche, pancakes and more served all day. Lunch includes a wide variety of soups and sandwiches. Daily lunch and brunch specials also available. Specialty coffee drinks. Rated ★★★★★ in *Go* magazine. Open Mon-Sat, 7am-2pm, Sun 7:30-2pm. 703 Congress St. in Portland. 871-5005.

THE WINE BAR & RESTAURANT. Enjoy the popular lobster brie ravioli or spicy crabcakes in the historic Old Port. We offer 120 labels on our wine list with 10 weekly changing wines available by the glass, and cocktails too. Open 7 days at 5:00. 48 Wharf St. Portland. 773-6667. www.cafeatwharfstreet.com

Cajun

BAYOU KITCHEN. Serving some of Portland's most unique cajun style b-fasts and lunches for 13 yrs. We now proudly offer dinner on Fri. nights. Our dinner menu changes weekly and includes: Special Jambalayas, our Award Winning Gumbo and Beef Chili and caesar salad topped with blackened catfish. Call for this week's specials! Sorry credit cards not accepted. See our review at www.foodinportland.com. 543 Deer-

ing Avenue, Portland. Open Mon-Sat 7-2 and Sun 8-2 Friday Dinner from 4:30-8pm. 774-4935.

Continental

BASIL'S RESTAURANT & LOUNGE. Basil's at the Highlander Inn, features creative continental cuisine as well as an excellent wine selection that offers traditional elegance combined w/ the warmth of home. Whether dining in our glass enclosed veranda, our main dining room, or just enjoying a cocktail in our lounge, you'll be pampered by the friendliness and dedication to excellence in service of our staff. 2 Highlander Way, Manchester, NH. 603.625.6426.

Delicatessen

FULL BELLY DELI. "By George We're Good." Offering breakfast, lunch, dinner, catering and meats/cheeses by the pound. Choose from a variety of kosher style sandwiches such as hot pastrami, corned beef and chopped liver. Also, hot and cold sandwiches, burgers, pizza, soups, salads and more. Or, start your day with a breakfast sandwich, omelette or bagel. M-F 7am-7pm, Sat. 7am-4pm Pine Tree Shopping Center. 772-1227.

Eclectic

100 CONGRESS. A True American Bistro, serving Tuesday - Sunday with live music Sunday evenings. Come join us on the East end & experience a whole new side of Portland dining. Intuitive, creative & always changing, everything a neighborhood restaurant should be. Call for reservations. 207.775.7772

THE ALEHOUSE. Featuring "Portland's Best Burger" in "Portland's Best Bar" (CBW Best of Portland readers' poll 2001 and 2002) Over 100 beers including homemade root beer. Now serving Bray's Beer! Open noon-1am daily. 30 Market Street, Portland's Old Port. All Major Credit Cards. 253-5100.

AURORA PROVISIONS is a treasure located in the heart of Portland's West End at 64 Pine Street, 1 1/2 blocks from Congress Street's Longfellow Square. Aurora is well known for delicious cafe lunches, gorgeous "take-home" dinners, off premise catering, exciting wines, unique gifts and free parking. Come see us mornings for great coffees and breakfast treats made daily. Open Mon-Sat 8am-6:30pm. 207.871.9060.

BIBO'S MADD APPLE CAFE. Located right next to the Portland Stage Co. at 23 Forest Ave. BiBo's features American Bistro Fare focusing on fresh local ingredients artfully presented. BiBo's also features an extensive eclectic wine list. Serving lunch Wed-Fri. 11:30-2, brunch Sun. 11-2:30 and dinners Wed-Sat. from 5:30 and Sun. from 4. Rated ★★★★★ by *Maine Sunday Telegram* and 5 plates by foodinportland.com.

BLACK TIE. continues to serve a casual yet intimate lunch Monday through Friday in the Old Port. The take out cafe on Middle St. offers lunch and dinner, wines, desserts, hostess gifts and more. Always serving fine fare prepared by Maine's largest catering establishment. Black Tie Cafe - Portland 761-6665; Black Tie To Go - Portland 756-6230.

CAFÉ UFFA. Delicious food served in casual & friendly café that features local artists' work. Almond Encrusted Salmon on a Sugar Snap Pea. Vidalia Onion and Butternut Squash Ragout. Beef Tenderloin with Mustard Sauce and Scalloped Potatoes. Asparagus, Wild Mushroom & Corn Risotto. Entrees \$10-\$18. Breakfasts feature creative scrambles and omelets, Maine Blueberry pancakes with real maple syrup, and thick sliced smoked bacon. \$4.50-\$7. Dinners W-Sat. 5:30-10pm; Breakfasts Sat. 8am-noon, Sun. 9am-2pm. 190 State St., Portland. 775-3380.

restaurant row

Mexican

CLAYTON'S GOURMET MARKET, CAFE & BAKERY. Coastal Maine's most unique gourmet market and cafe. A five-star lunch cafe with overstuffed sandwiches, delectable soups and salads, as well as a full-service bakery. Bulk candies and chocolates for the young with fine wines, savory cheese, pates, fresh breads and gourmet groceries for the young at heart. Open Tues-Sat. 189 Main Street, downtown Yarmouth 846-1117.

DAVID'S CREATIVE CUISINE. An established Portland favorite. David's offers casual fine dining in a comfortable atmosphere. Featuring nightly specials made with the finest local ingredients, fresh baked bread and professional waitstaff. Extensive wine list, full bar and the best single malt scotch selection in Portland. Located on Monument Square across from the Portland Public Library, within walking distance to Merrill Auditorium. Reservations recommended. Lunch 11:30-4 M-F. Dinner 7 nights at 5pm. Sunday night jazz 6-9pm. 773-4340.

GREAT LOST BEAR. Full bar — now featuring 50 beers on tap. Extensive menu... sandwiches, soups, salads, platters. Lunch or dinner in the mysterious Woodlarks area. MC, Visa, Amex accepted. Parking. 540 Forest Ave. Portland. 772-0300.

MAINE BEER & BEVERAGE. Now open, agency liquor store. Maine Beer & Beverage Co. located at 79 Commercial St. (across from Casco Bay Lines) is now an agency liquor store! Also find cigarettes, cigars, soda, juice, coffee, chips, snacks, wine, flowers and sundry items. Open 10am-8:30pm M-Sat, 11am-6pm Sunday. 79 Commercial St. Portland. 828-BEER.

PAT'S GROCERIA CAFE. Above Pat's Meat Market. Come & discover the jewel of Deering Center. Featuring rustic Mediterranean fare with fresh meats from Pat's Meat Market, fresh local seafood and local produce. Enjoy our beautiful second floor deck for an unforgettable treetop dining experience. Serving dinner Tues - Thurs from 5-9pm and Fri. and Sat. from 5-9:30pm. Deering Center, 484 Stevens Avenue, Portland. 874-0706.

PEPPERCLUB. 78 Middle St., Portland. 772-0531, FAX 879-9597. Credit Cards • Free Parking • open 7 nights • chef owned. Changing menu serving world cuisine. Homemade bread and soups. Local seafood and meat, chicken, vegetarian/vegan - entrees from \$7.95-\$13.95. Over 25 wines by the glass, organic wine and beer selections. CBD organic coffee, handmade desserts. Now open Sun. & Mon. at 5pm.

Japanese/Korean

BENKAY. Sushi Bar & Japanese Restaurant. Known for premier quality sushi, traditional and fancy maki rolls, tempura, teriyaki, sukiyaki, shabu-shabu. Elegant dining for the discriminating sushi lover. Delightful vegetarian and cooked selections. Serving lunch and dinner; Rock 'N Roll Sushi Thurs-Sat until 1am. 2 India Street, Portland (India at Commercial) 773-5555.

OISHII JAPANESE FOODS. Quick, healthy Japanese-inspired foods to go! Choose hot entrees such as Katsu, Ramen, Yakisoba, Curry, Chahan, Udon, Ginger-Pork, just to name a few! We have the best California, Tuna, Spicy Tuna & Inari-zushi in town! Check in daily for our popular sushi & entree specials. Call in orders encouraged. Portland Public Market. 25 Preble St. Portland 228-2050.

NARA SUSHI. NEW in South Portland! Treat yourself to exquisite Japanese and Korean cuisine, featuring a full range of Sushi, sashimi and maki as well as favorite Japanese and Korean dishes presented by New York sushi chef Kazo Ozaki. Open Mon-Sat 11:30am to 2pm for lunch, 4pm to 10pm for dinner and Sun 4pm to 9pm. 50 Maine Mall Road, South Portland. 772-0006 or Fax 772-4440.

Seafood

J'S OYSTER. Enjoy white linen quality dining in a relaxed atmosphere with a lovely view overlooking Portland's working harbor. Savor our specialty shellfish and pasta dishes and much, much more. MC/ Visa/ Discover accepted. Parking in adjacent lot. 5 Portland Pier, Portland. 772-4828.

GILBERT'S CHOWDERHOUSE. Enjoy fresh Maine seafood and award-winning chowders in a casual atmosphere. Daily lunch and dinner specials including all-you-can-eat Friday Fish Fry 11am-4pm only \$6.95. Full bar featuring local microbrews. Take out menu available and all major credit cards accepted. 92 Commercial St., Portland. 871.5636.

Steakhouse/Seafood

MOLLY'S STEAKHOUSE AND IRISH PUB. Specializing in choice sirloin steak, prime rib, and freshly caught Maine lobster, Molly's is an Old Port favorite. Serving hearty pub fare including Molly's Mile High Reuben. Molly's accepts most major credit cards. 46 Market St., in the Old Port, Portland. 761-4904.

Thai

THAI TASTE. Distinctive Thai Cuisine. Rated ★★★★★ for Food, Atmosphere & Service by *Portland Press Herald* Winter Hours: Lunch: Mon - Sun 11:30-2:30pm; Dinner: Sun - Thurs 4:30-9pm; Fri & Sat Hours: 4:30pm-10pm 435 Cottage Road, South Portland. www.thaitaste.com, 767-3599.

WOK INN. Szechuan, Hunan, Cantonese & Thai. Excellent food, fast and affordable. Choose from more than 130 delicious menu items. Eat in or take out. Delivery to Cape Elizabeth, Cumberland, Falmouth, Gorham, Portland, Scarborough, South Portland, Westbrook, Yarmouth. Hours: Su-M 11:30am-9:30pm, T-Th 11am-11pm, F-Sa 11am-2am. 1209 Forest Ave., Portland. 797-9052 or 797-9053.

Vegetarian

LOIS' NATURAL MARKETPLACE DELI & CAFE. Enjoy wheat free muffins and scones from our bakery. Great vegetarian soups and other vegetarian and vegan house specialties including: vegetarian stuffed cabbage, sweet 'n sour meatballs, grilled tofu and organic greens. For lunch: organic green salads and roll up sandwiches. Simply the best natural foods deli anywhere. Dinners to go also available. Deli open daily. Cafe open 8:30am-6pm M-F 152 US Route 1, Scarborough 885-0602.

MOLLY'S FREE Shrimp Cocktail*

*With purchase of any entrée from our regular dinner menu Wednesday & Thursday night only. For each member in your party who orders a regular dinner entrée, Molly's staff will deliver a delicious Six Piece Shrimp Cocktail. You save \$9.95 on every order!

Dining Room opens at 4pm
Offer expires January 31, 2003

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Steakhouse & Irish Pub

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Che dice?

(kay DEE-ehy)

that means:

What are you saying?



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you don't have time for dinner?
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The photo and quote above are an example of how Italians communicate without speaking a single word using body language captured from the book *Italian Without Words* with permission from Meadowbrook Press. © 1999 by Don Congiunti and Joseph Della Cerna. Available now at Anthony's Italian Kitchen

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Tax season. Working late. We understand, but that doesn't mean you can't eat well.

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OPENINGS

Thursday, January 23

Portland Museum of Art 7 Congress Square, Portland. "Sebastião Salgado: Migrations-Humanity in Transition and The Children," 310 photographs by the internationally-renowned photographer, documenting the world-wide phenomenon of mass migration. Hours: Tues-Wed, Sat-Sun 10 am-5 pm. Thurs and Fri 10 am-9 pm. Admission: \$8 (\$6 for students and seniors. \$2 youth 6-17. Free for kids under 6). Free every Fri from 5-9pm. 775-6148 or 800-639-4067.

Friday, January 24

Bowdoin College Museum of Art "Without Likeness: Paintings by Anne Harris," first solo museum exhibition, features major works produced in the last eight years. Exhibit preview 8-10pm, through March 23. 9400 College Station, Brunswick. 725-3275.

Icon Contemporary Art "Taking Pictures: Photography 2003," works by 12 artists; continues through Feb. 22, Opening reception, 4-6 pm, Brunswick. 725-8157

Sunday, January 26

Atrium Gallery University of Southern Maine Lewiston-Auburn, 52 Westminster St, Lewiston. "Area Artists 2003" Biennial juried exhibition of works by artists in Androscoggin, Franklin and Oxford counties. Reception 1-3pm. Continues through March 1. Hours: Mon-Thurs 8am-8pm, Fri 8am-4:30pm, Sat 9am-3pm. 753-6500.

Bates College Chapel "Lynn to Lhasa: Photographs of Cambodian, Chinese, and Tibetan Buddhists in the United States," by Harvard University photographer Kris Snibbe. For more information call the chaplain's office at 207-786-8272.

Tuesday, January 28

Area Gallery Woodbury Campus Center, University of Southern Maine, Portland. "Scandalous Eyes: African America in Illustrated Sheet Music Covers, 1895-1925." Through April 1. Hours: 8 am-8pm, Monday-Thursday; 8am-4:30pm, Friday; 9am-3pm, Saturday. 780-5009.

galleries

Acropolis Gallery 2 Maine St, Richmond. Exhibit of small works through January 25. Hours: Mon-Thurs 4-7pm. Fri 6-8pm. Sat 10am-4pm. 367-4749.

C.W. White Gallery 656 Congress St, Portland. The gallery will not be open on a regular basis through January 29, 2003. It will frequently, if erratically, be open "by chance." For the winter months the C.W. White Gallery offers an eclectic changing exhibition of works by artists associated with the gallery. 871-7282.

Gallery at the Clown 123 Middle St, Portland. "Worlds Apart, Three Photographer's Views," a collection of works by three local photographers: Joel Rubin, Roy Shigley and Nancy Trueworthy. Through January 30. Hours: Mon-Wed 10am-6pm. Thurs-Sat 10am-7 pm. 756-7399.

Gallery Seven 49 Exchange St, Portland. Ongoing exhibit of work by American craft artists in all media. Hours: Mon-Thurs 10 am-6 pm.

Fri-Sat 10 am-9 pm. Sun 12-6 pm. 761-7007.

Greenhut Gallery 146 Middle St, Portland. Group Show of Greenhut Gallery Artists through February 1. No reception. Hours: Mon-Fri 10am-5:30pm. Sat 10am-5pm. 772-2693.

Hay Gallery 594 Congress St, Portland. "Hay Gallery Presents," a group show featuring artwork by Peter Cameron, Rachael Eastman, Charles Thompson, Ian Factor, Mary B. Harrington, Dorothy Glendinning, Don Ogier, David Hall, and James Taylor. Through February 2. Hours: Mon-Sun 11am-5pm. Thurs-Fri 11am-8pm. 773-2513.

Portland Room, Portland Public Library, 5 Monument Square, Portland. "Maine Boats and Boat Building," Books from the Portland Room Collection, continues through January. Hours: Mon, Wed, Fri-Sat 10am-6pm. Tues, Thurs 12-9pm.

Mainly Frames & Gallery 534 Congress St, Portland. Pen-and-ink cityscapes by William C. Harrison and other work by gallery artists are ongoing. Hours: Mon-Wed 10am-6pm. Thurs and Fri 10am-8pm. Sat 10-5pm. Sun 12-5pm. 828-0031.

Meyer Studio Gallery 51 Oak St, Portland. Ongoing exhibit of recent works by Louis Meyer, Matthew Meyer and Nathaniel Meyer. Hours: Wed-Fri 4-6pm. Sat-Sun 12-4pm. 879-1323.

Portland Coalition Art Gallery 688 Congress St, Portland. Ongoing exhibit of mixed-media works by artists associated with the Portland Coalition for the Psychiatrically Labeled. Call ahead for hours. 772-2208.

Portland Glassblowing Studio Nissen Bakery, 24 Romasco Lane, Portland. Glassblowing demonstrations and ongoing exhibit of contemporary glassware designed and made by studio owner Ben Coombs. Hours: Fri-Sun 10am-6pm. 409-4527.

Toby Rosenberg Gallery 293 Read St, Portland. Handbags, clothing, cloth dolls, pottery, contemporary American crafts, sculpture and Judaica by artists including Deena Whited, Susan Butler and Gail Platts are ongoing. Hours: Mon-Sun 12-6pm. 878-4590.

Radiant Light Gallery 142 High Street, Suite 409 Portland. "SYMBIOSIS: Integrating the Body and Landscape," an exhibit of black & white photographic works by Aaron Konieczny. Hours: Sat 11am-5:30pm, First Fridays 6-8pm, or by appointment. 252-7258.

Studio 656 656 Congress St, Portland. Works by John Driscoll are ongoing. Hours: Thurs and Fri noon-6 pm. 871-3922.

museums

Bates College Museum of Art Olin Arts Center, 75 Russell St, Lewiston. Hours: Mon-Sat 10am-5pm. Sun 1-5pm. Free. 786-6158.

William Manning: Retrospective of Works on Paper. Lewiston native Manning has long been the cornerstone of abstraction in Maine. This retrospective explores the evolution of Manning's work through his drawings and collages. Through March 31.

"Collection Highlights," selections from the museum collection featuring drawings by Marsden Hartley and others; and George Platt Lynes: Studio Photographs of Marsden Hartley from the Marsden Hartley Memorial Collection. Ongoing.

Bowdoin College Museum of Art 9400 College

Station, Brunswick. Hours: Tues-Sat 10 am-5 pm. Sun 2-5 pm. Free. 725-3275.

"Select Selections" recent additions to the permanent collection includes paintings, sculpture and works on paper. Included are works by Joseph Blackburn, Paul Klee, Vija Celmins, and Kiki Smith, as well as objects by non-Western cultures. John H. Halford Gallery. Through April 14.

Peary-MacMillan Arctic Museum Hubbard Hall, Bowdoin College. Call 725-3416

"The Art of Inuit Printmaking" An exhibit of photographs documenting the process of stonecut printmaking, in conjunction with the upcoming exhibit The Prints of Jessie Onark. Foyer of Hubbard Hall. Through February 3.

"The S.S. Roosevelt: A Model of Strength" Exhibit includes a model of The Roosevelt, the ship that carried Robert E. Peary and his crew to the polar sea in 1905 and 1908, constructed by Richard DeVynck, based on his new research. Ongoing.

Colby College Museum of Art Colby College, Waterville. Hours: Mon-Sat 10am-4:30pm. Sun 2-4:30pm. Free. 872-3228.

"Contemporary Prints and Photographs from the Bruce Brown Collection," features more than 100 prints and 40 photographs from the most accomplished and innovative artists from the last 50 years. Through March 23.

James McNeill Whistler: Etchings and Lithographs 1858-1896. Forty etchings and lithographs by James McNeill Whistler. The works were created between 1858 and 1896 and depict daily life in the cities of Western Europe. Ongoing.

Maine Maritime Museum 243 Washington St, Bath. "Working the Coast," an ongoing exhibit of paintings by Helen St. Clair, R. Valentine Gray, Stephen Etnier, Edith A. Sternfeld and Paul Rickert. Hours: Mon-Sun 9:30 am-5 pm. Admission: \$8.75 (\$6 under 17, kids under 6 free). 443-1316.

Portland Museum of Art 7 Congress Square, Portland. Hours: Tues-Wed, Sat-Sun 10 am-5 pm. Thurs and Fri 10 am-9 pm. Admission: \$8 (\$6 for students and seniors. \$2 youth 6-17. Free for kids under 6). Free every Fri from 5-9pm. 775-6148 or 800-639-4067.

"Contemporary Art From the Permanent Collection," featuring the diversity of subject matter and style that have come to dominate the post-world war art scene. Ongoing.

"Changing Worlds: Artwork by Children in the Multicultural Peer Support Program at The Center for Grieving Children," work by 40 students, elementary and middle school, who are recently immigrated to Portland, continues through Feb 23.

"New Acquisitions 2002," highlighting PMA's art acquisitions from the preceding year, continues through Feb 23.

"Rediscovering Samuel Peter Rolt Triscott," includes exquisitely rendered watercolors that capture all seasons of the year on Monhegan Island, where Triscott made his home from 1902 until the end of his life. Through March 9.

Saco Museum 371 Main St, Saco. Hours: Mon-Fri 12-4 pm. Thurs 4-8 pm. 283-3861 X114.

"Art for the People," an ongoing depiction of American middle-class family life in sculpture by artist John Rogers.

"Molds and Intaglios," an ongoing exhibit of

neo-classical sculptures featuring figures from popular nineteenth century.

"Dolls by Lois McAuliffe: Original Art Dolls" continues through Thurs, Feb 27.

"Once Upon A Time: Historic American Dolls from the Collection of the Saco Museum" continues through Thurs, Feb 27.

other venues

Coffee by Design 620 Congress St, Portland. "Insight Studies Photography Show." Proceeds go to benefit low-income students through Insight Studies study abroad programs. 232-6087.

closer look

"SCANDALOUS EYES: AFRICAN AMERICA THROUGH ILLUSTRATED SHEET MUSIC COVERS"
January 28 - April 1

This exhibit engages viewers in an investigation of the formation and function of racism at the turn of the last century. Through the presentation of 80 historic illustrated sheet music covers from the collection of Sam Carner, the show explores the place of race in American popular entertainment.

Area Gallery, Woodbury Campus Center, University of Southern Maine, Portland. 780.5009.



focal point

by Tavia Lin Gilbert

Mercedes Foster intuited early on that she'd be an artist. As a second grader, when asked to picture herself in the future, she remembers drawing a picture of herself "doing" art and says: "I had in my head ceramics, pottery, an art teacher, and I had really long braids."

Foster laughs as she looks back on her journey from second grader to an artist whose media are yarn and felt.

Foster recently celebrated her 30th birthday and the three-year anniversary of her knitwear and feltwork design company, Foster Creations. She says that although her business has a "long way to go before it really has its legs under it," Foster Creation's first full-time year has been great.

"It's exciting. I have had more recognition than I anticipated."

Foster has found a "humongous" market for her baby caps, and unique designs for mittens, socks, hats, and scarves. In addition to securing a handful of consistent venues to display her work, she won first prize for a pair of mittens and second prize for a hat at the 2002 Common Ground Fair. Foster uses yarns that she's hand-spun and dyed, including angora from her rabbit, Basil, and wool from Martin, a Border Leicester Blue-Face Cross sheep she boards at Helping Hands Farm in Denmark, Maine.

But Foster says she's really found her niche "painting" with fiber.

"I take the idea of what would be a painting, and instead of using oils or acrylics, I use wool," she says.

Foster's interior design feltwork includes table-runners, placemats and small carpets. Foster says each feltwork piece reflects her "affinity for nature, shape, color, and symmetry."

"I'm madly in love with them," she says. "There's a real lighthearted feel to them."

For *Corn*, a long, tasseled table-runner, Foster uses colors found in the forest — moss-green, fall-leaf orange, loam-brown. *Cosmos*, a decorative, framed, beaded piece boasts chenille-pink and metallic-blue. Foster often infuses her feltwork panels with broken glazed pottery pieces, strands of metallic fibers, or beads to add depth and dimension.

Each piece of Foster's feltwork is extremely time-intensive. Feltwork is a step-by-step process of "carding out the material, rolling it out, and felting it up." She will often spend several days on one piece and then set it aside for a few days or months.

"Then I'm ready to step back and look at it critically. A piece can be so reflective of what state of mind you're in. It captures a bit of your essence. You have to be sensitive to the momentum and energy of each piece."

Foster has worked hard to create a mar-

ket and an audience for her unusual feltwork pieces.

"I have to be able to articulate what I'm doing and where I'm going with [my work]. I have to be able to educate and then open up horizons of possibilities," she says.

Foster is no stranger to arts education. Foster designed and ran a pilot arts program in California for three years in her early 20's and taught art to at-risk kids for five years in the South Portland schools.

As a high school student, Foster was "really immersed in the [Deering High School] jewelry program" under the guidance of Gary Beckwith. She credits him as an important influence on her work.

"He encouraged the exploration of metals and the creative medium. He encouraged me not to be afraid to be whimsical."

Foster studied jewelry and metal-smithing for a year and a half at Portland School of Art (now Maine College of Art) and then transferred to University of Southern Maine, adding arts education classes to her curriculum. She ultimately left school without finishing a degree, but says she learned as much teaching art as she did as an art student.

"Teaching pushed me more into the technical proficiency end. Creatively, it was easy, but [with] teaching, I had to learn how to discipline myself to be more technically aware of my work. Haphazard work doesn't encourage students."

Foster's self-discipline and skills as an instructor have been the key to her growing success as an independent artist. She was introduced to knitting three years ago by an ex-boyfriend, but beyond knitting basics, Mercedes is self-taught.

"Self-education is an inherent part of my nature," she explains. "Fortunately, commitment and discipline come naturally."

For the last three years, Foster has studied fiber arts intensively. She speaks with other artists, reads voraciously and surfs the Net, constantly cross-referencing and picking up technical information wherever she can.

After running Foster Creations out of her home for nearly two years and living with "wool and fibers everywhere," Foster moved her materials into a dedicated workspace a year and a half ago. Securing a studio space was a critical step for Foster's design work.

"As far as [the growth in] my creative freedom, it's exponential. It made a huge difference in my dedication to have a space for developing ideas and creating products."

Mercedes' studio is located on the third floor of a renovated synagogue at 145 Newbury Street. The third floor also houses a dozen other businesses that share a

Artist Profile: Mercedes Foster



Foster with the tools of her trade.
PHOTO BY TAVIA LIN GILBERT

kitchen, conference room, and office equipment.

Spaces are partitioned, but the floor feels like an open-air community rather than a series of office cubicles. Foster says the community on the third floor gives her "inspiration and a sense of support" and that she enjoys "coming out of the rabbit hole" to work near the energy of other creators.

A year and a half after moving Foster Creations into a studio, Foster felt ready to quit her teaching job and make Foster Creations a full-time venture.

"Working for someone else 40 hours a week isn't in my nature," she says. "I definitely enjoyed my work as a teacher. But it's only in the last two years that I've felt enough confidence in being dedicated to doing work and gaining others' attention," she begins.

Leaving a steady paycheck and professional stability to focus on a design company wasn't an overnight leap for Foster, but was the natural next phase in her career. When she began considering the career change, Foster asked three people from very different walks of life for their input, and received the same advice from all three. They each asked Foster if she was "willing to step in with both feet and take the risk."

"They said 'You need to commit yourself to your work instead of trying to fit into the safety net,'" she explains.

Mercedes has become more assured with the "strong sense of community and tremendous amount of support and information" available as a member of the Maine Fiber Arts Council and United Maine Crafters. She's also researched the jour-

neys of successful artists and has been given counsel by other working artists on how best to manage her books and market her work.

Foster's relationships with other artists, her introduction to venues in Southern Maine, and her immersion in her work have given her the opportunity to grow as an individual.

As a very young artist in school, Foster says, "I was vulnerable. I didn't have personal skills in my self to deal with people who were just as good or better than I was. I wasn't ready for it. I needed to have a real strong sense of self, but I didn't have that at 18."

Though Foster says she's the first to criticize her work, in the last ten years she's been learning to "embrace my creative energy instead of feeling like it's a detriment." She's motivated by the process of "running into problems and finding a solution" to "whatever I was struggling with."

"Artists in general have an intensity that fuels their work because nobody else is doing it for them."

Foster credits Georgia O'Keefe with being an "icon-figure," and explains what it is about the American painter she hopes to emulate.

"Her stuff is big and colorful and strong and she doesn't for one second apologize for that. She has such a sense of self and place in the creative world."

Foster's work is available at Central Square Studios, Willow Massage, and Bliss in Portland and at Portobello in Yarmouth. Her feltwork is on display at the India Street Coffee By Design through February 18th.



Ghost in the Shell: Self-Portrait with Jane's Eyes is part of Anne Harris' solo exhibition at Bowdoin College.

January 23 **Without Likeness: Paintings by Anne Harris**

Anne Harris' portraits and self-portraits confound the expectations of traditional portraiture. They are not about realism but rather abstraction, both a formal and psychological abstraction, which nonetheless uses realist techniques. Without Likeness, the title Harris has given her first solo museum exhibition, features major works, from her focused self-portraits to her invented adolescents, produced in the last eight years. Since many of her paintings, created slowly and meticulously—at most she paints five pictures per year—are in private collections, this is the first occasion in which we can examine an extended body of her work in one place. While the show officially opens on the 24th, there will be a brief conversation with the artist at 7:30 in Kresge Auditorium, followed by an exhibition preview at 8pm. Bowdoin College Museum of Art, Brunswick. Free. 725-3275.

January 24 **Marc Ribot**

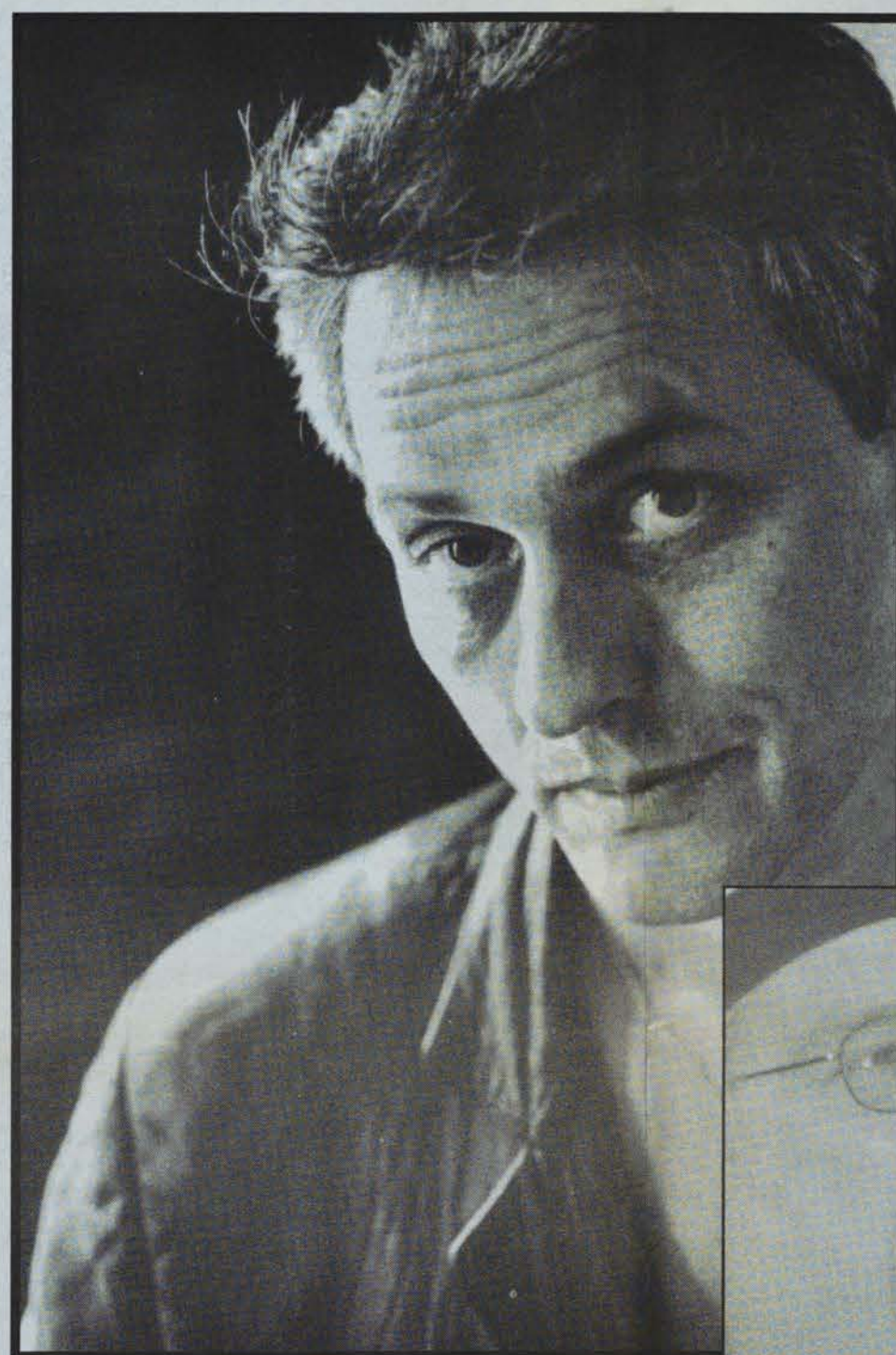
Marc Ribot is widely regarded as one of today's most inventive and adventurous guitarists. He initially made a name for himself through indelible road and studio work with Elvis Costello, Marianne Faithfull, and Tom Waits; he has since garnered popular acclaim as the front man of his ensemble, Los Cubanitos Postizos (The Fake Cubans). Be sure to hear this always innovative performer who's not afraid to draw on the best of the past. 8pm, Center for Cultural Exchange, 1 Longfellow Square, Portland. Tickets: \$15 advance/\$18 door. 761-1545.

January 25 **Recycle: Cool Science Workshop**

Learn what we can do to help our environment at the Children's Museum of Maine. Explore the 3 R's (Reduce, Reuse, Recycle) and make a piece of recycled paper. Cool Science workshops are designed for children, ages 5-11 years old. Free with admission to the Museum, 2pm, 142 Free Street, Portland. 828-1234

CALENDAR

1/23-1/29/03



January 26 **CULT!**

While this meta-musical normally runs Thursdays through Sundays at 8pm, there will be a special Super Bowl Matinee this week at 2pm. The Stone Pinhead Ensemble first caught the eye of the local theater scene in 1993 with their outrageous take on Portland politics, Porktown. A decade and four more productions later, the company is still on the cutting edge of controversy. According to playwright/director J.T. Nichols, "CULT! is the story of the Branch Davidian standoff in Waco, if it took place in Northern Maine, and was written by Rodgers and Hammerstein." This one is definitely for grownups. St. Lawrence Arts & Community Center, 66-76 Congress Street, Portland. Tickets: \$10, 774-8267.

Great Caesar's Ghost! James Cagney IV faces a firing squad in Stone Pinhead Ensemble's production of CULT!

January 29 **Michael Kimball**

B.Y.O.B.B.: Kimball, author of "Green Girls," will speak as part of the Brown Bag Lecture Series. The noon event provides food for thought, but not for the body, so pack some munchies. Portland Public Library, Portland. Free. 871-1700.

Submissions to the calendar must be received in writing by the Thursday two weeks prior to publication. Send your listings to Calendar, Casco Bay Weekly, 11 Forest Ave., Portland, Maine 04101, or e-mail listings@maine.cbw.com.

QUICK PICKS

January 25

• Author Linda Verville will be signing copies of her book, "For Pete's Sake," at 2pm, Borders Books in South Portland. Free. 775-6110.

shops or just browse to satisfy your curiosity. Double-Tree Hotel, Portland. Free admission, fees for readings and workshops. 286-1427.

Theater of Maine. Portland. Tickets: \$6-8. 828-0617.

January 26

• Catch the vibe at Psychic Sunday, where from 11am-4pm, you can meet with local psychics, participate in work-

• Don't miss your last chance to see Arthur Miller's classic allegory of societal mistrust and hysteria. "The Crucible" ends its run at The Children's

January 28

• Give a whole new meaning to "Dog Chow" by attending a pizza party and silent auction to benefit Homeless Animal Rescue Team of Maine, Inc. 5-9pm at Flatbread Company, Portland. 829-4116.

January 25 & 26 **Maine WinterFest/ Motor Booty**

Let it snow! Skating, sledding, snow sculpture demonstrations by national teams, ice sculpture and more can be found at this annual family-friendly event. Various times and locations in Falmouth and Freeport. Free. 865-1212.

Get warmed up by shaking your groove thang at A Wonderful Winter Dance with Motor Booty on the 25th. Everyone's favorite disco dance band will perform at 7pm as part of a fund-raiser for Falmouth's summertime Parkfest. Bring your moonboots! Falmouth Middle School Gym, Falmouth. Tickets available by phone, 781-5253.



Books

book reviews

The Zinn Reader by author Howard Zinn



Editor's Review - Ingram

Radical historian Howard Zinn has reached the hearts and minds of millions with his direct, forthright, and accessible writing. This work represents the first time that Zinn has attempted to present the depth and breadth of his concerns in one volume, emphasizing six areas that have been important to Zinn's work since the late 1950s—race, class, war, law, history, and means and ends.

Over 700 pages of Zinn's inimitable prose: the hard fact of racism, in the South and in the North, at the start of the civil rights movement; Zinn on LaGuardia, the Ludlow Massacre, and "Growing Up Class-Conscious," questioning the very idea of a "just war," LBJ, the CIA, Nixon, and the bombing of Hiroshima; civil disobedience and the role of punishment in our society; on Upton Sinclair, Sacco and Vanzetti, and "Where to Look for a Communist;" why historians don't have to be "objective" and how the power of the academy is wasted; on anarchism, violence and human nature, and "The Spirit of Rebellion."

Howard Zinn may be America's most articulate historian of the Left, whose life-long study of the purposes and outcomes of war has been among his most luminous contributions to our ongoing democratic conversation. Formerly a bombardier in World War Two, Zinn has spent decades contrasting the rhetoric governments use to justify wars and the reality of their impact, especially on the civilians who are increasingly the victims of military conflicts.

On-Line Review - www.howardzinn.org

For more info about books in Portland visit our website:

cascobayweekly.com/cbw2003/books/index.stm

Engaging the Powers: Discernment and Resistance in a World of Domination.

by author Walter Wink

By Harry Bliss

The author of this book, even more relevant today than it was ten years ago, believes that human culture has been dominated for 5,000 years by substantial entities called Powers. Powers are institutions, nations, structures. They have outward manifestations like buildings and people, as well as inner, spiritual reality. The Powers constitute the Domination System, whose effectiveness depends on violence.

Wink finds that violence, which thrives in every sector of American life, is America's real religion, not Christianity. It has fostered the American security state and the myth of redemptive violence, whose good news is not loving one's enemies but liquidating them.

Evolution has provided us with two ways of responding to violence: fight or flight. Shunning cowardice, when we are threatened by a violent enemy we usually accept the challenge on the enemy's terms: with violence.

There is a third way, the way of nonviolent direct action. Wink reviews the history of this third way and concludes that exploration of its usefulness has barely begun. Most examples, Gandhi, Martin Luther King, the overthrow of Communist autocracy in the Soviet Union, the abolition of apartheid in South Africa, occurred in the last century and have improved the lives of billions of people. Non-violent direct action works. To carry out such change requires determination, passion, perseverance and strategy. A new political culture is established, a domination-free order.

This exhaustively researched book, Wink's third on the subject, draws strength from the Christian faith and the life of Jesus. It offers an action plan for those who would create social change.

Walter Wink, Professor of Biblical Interpretation, Auburn Theological Seminary, New York.

Engaging the Powers: Discernment and Resistance in a World of Domination. 1992. Minneapolis: Augsburg Fortress.

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200 Running Hill Road
South Portland

sebastião salgado:

Migrations —
Humanity in Transition and The Children



This important exhibition features more than 310 photographs by internationally-renowned photographer Sebastião Salgado. Since 1993, the Brazilian-born photographer has visited more than 35 countries to document the world-wide phenomenon of mass migration—its causes, and its effects. These beautiful and disturbing photographs record images that capture the plight of the hundreds of millions of people who, in an elemental struggle for survival, have ruptured their ties with their native lands and traditions in search of safety, peace or a better life. Portions of the exhibition will be displayed in six venues statewide:

Portland Museum of Art

Seven Congress Square, Portland
Hours: Tues-Sun: 10am-5pm; Fri: 10am-9pm
Admission: \$8 for adults, \$6 for seniors and students with I.D., \$2 for youth to 6 to 17, and under 6 are free. The Museum is free on Friday evenings from 5pm-9pm.

ASIA: THE WORLD'S NEW URBAN FACE

The flight from rural poverty has given Asia a new urban profile. For peasants in India's state of Bihar, for farmers on the Filipino island in Mindanao, for fishermen in Vietnam, cities have become irresistible magnets. Wooed by the image of urban life portrayed on television, migrants are all too often unaware of the hardships that await them. And so, the exodus continues.

Related programs:

An Evening Celebrating Immigrant Stories in Maine: A Collaboration with the World Affairs Council
Thursday, March 20, 2003 • 5:30 p.m.

Changing Worlds: Artwork by Children in the Multicultural Peer Support Program at The Center for Grieving Children
January 14 through February 23

This exhibition features work by 10 students, elementary and middle school, who are recently immigrated to Portland. Students attend a multi-visit program at The Center where artmaking is used to help students deal with issues of transition and change, grief and healing related to their experiences in war-torn countries and refugee camps.

Institute of Contemporary Art at Maine College of Art

Porteous Building, 522 Congress Street, Portland
Hours: Wed-Sun 11am-5pm; Thu til 7; First Fridays til 8. Closed Mon & Tue
Admission: Free.

THE AFRICAN TRAGEDY: A CONTINENT ADRIFT

Africa has long been traumatized by suffering and despair, its people deeply scarred by poverty, hunger, corruption, despotism, and war. And to these challenges has now been added AIDS, which is decimating the populations of many countries of Central and Southern Africa. Gradually, the hopes raised by independence 40 years ago have been extinguished: almost everywhere in this continent, conditions are getting worse.

Related programs:

Insiders/Outsiders: A discussion on the vantage point of documentary photography
Thursday, February 13 • 6 p.m.

My Journey: Photos of transition and change in the lives of Portland residents
March 3 through 17, Long Hall Gallery, Porteous Building

Adventures in Art Student Exhibition

April 7 through 14, Long Hall Gallery, Porteous Building

Photography by elementary school students using Salgado's themes of transition, change and journey.

Center for Maine Contemporary Art

162 Russell Avenue, Rockport
Hours: Tues-Sat: 10am-5pm
Admission: \$3 admission; Free to Rockport residents

University of So. Maine Art Gallery

37 College Avenue, Gorham
Hours: Tues-Fri: 11am-4pm Sat: 1pm-4pm
Admission: Free.

LATIN AMERICA: RURAL EXODUS, URBAN DISORDER

Latin America's recent history has been shaped by the migration of tens of millions of peasants to urban areas. With the best farming land concentrated in the hands of a rich minority since colonial times, Latin America's rural population has always struggled to make ends meet. But the mechanization of agriculture and growing use of good land for cattle grazing have meant fewer jobs for landless peasants. As families grow, migration offers the only escape from poverty.

USM Related programs:

Gallery Talks by Latin American scholar and USM History professor David Carey Jr., and USM Art professor and professional photographer Bernard C. Meyers.
Thursday, January 23 • 6 p.m.

Art Gallery at University of New England

Westbrook College Campus
716 Stevens Avenue, Portland
Hours: Wed, Fri, Sat & Sun: 1pm-4pm.; Thur 1pm-7pm
Admission: Free.

THE CHILDREN

In every crisis situation—whether war, poverty, or natural disaster—children are the greatest victims. The weakest physically, they are invariably the first to succumb to disease or starvation. Emotionally vulnerable, they are unable to understand why they are being forced from their homes, why their neighbors have turned against them, why they are now in a slum surrounded by filth or in a refugee camp and surrounded by sorrow. With no responsibility for their fates, they are by definition innocent.

Related programs:

Opening Our Arms
February 18, 25 and March 4, 13, 18, 19 • Call 797-7261 x4499 or visit www.une.edu/FMI

Educational seminars will be held on topics surrounding the refugee and immigrant communities of Maine and their children.

University of Maine Museum of Art

Norumbega Hall, 40 Harlow St, Bangor
Hours: Mon-Sat: 9am-6pm; Sun: 11am-5pm
Admission: Free.

WORLDWIDE: MIGRANTS AND REFUGEES

Most migrants leave their homes filled with hope; refugees usually do so out of fear; both are driven by the survival instinct. Caught in maelstroms of poverty and violence beyond their comprehension, their only escape is to move on.

Text excerpts are from the catalogue *Migrations—Sebastião Salgado* published by Aperture.

Inside scoop

Local Boy Makes Good (Food)

BY TAVIA LIN GILBERT

Thirty-two-year-old Jon Green is sitting at a booth at Woody's Bar & Grill, eating a quartered green apple as he describes his "foundations for understanding the philosophies and chemistry of food."

He remembers waking early in his family's third generation Belfast farmhouse, enticed into wakefulness by the smells of his grandmothers' cast iron pan-fried bacon sausage and pork-fat-fried eggs.

He segues to a description of a typical meal prepared by his food-sensitive mother — basmati rice, brussel sprouts grown in her organic garden, and natural beef from Wolfesneck Farm.

In his next breath he describes with admiration traditional Italian panini, the famous Mexican foods of Southern California, and authentic Jamaican jerk chicken.

Maine at Orono, and Jon describes them as "crazy, liberal, nuclear-war protesting, hyper-intellectual, organic food-lovers." Jon was 15 when he got his first kitchen job in the university cafeteria, prepping, serving 1200 students on the line, and scrubbing pots and pans.

He says he had "some sort of weird attraction to getting yelled at by the dudes with handlebar mustaches" in the kitchen.

His grandmother, who he says was "ruined to make the best pies and chicken and biscuits," taught him to love the rich, whole foods of farm cooking.

And his parent's friendships within the international communities of Nigeria, India, Pakistan, and Korea first introduced him to a "broad range of experiences from a culinary standpoint."

variably adulterated with GMO (genetically modified) grains, artificial growth hormones, and antibiotics."

"Feed lot stuff is probably quite fresh, but is

to Portland from San Diego the Baja-Style Fish Taco (\$7.50), a fried shark loin with shredded cabbage, salsa verde, salsa blanco, and avocado. The Panini (\$8.50) is a traditional Italian



not treated in any way which is going to intensify flavor and make for a happy animal," he explains.

Cows that aren't free range are housed in a "prison-like setting" and in "unnatural conditions," which makes them "nervous, uncomfortable and bloated."

"There a lot of emerging literature about grass-fed beef having more intense flavor despite the lower fat" content of their feed, he says. Caldwell Farms' beef cattle are grass-fed until the last 16 weeks of their life, during which they are fed an organic, soy-based finishing grain. Cows are then

slaughtered at a family-owned slaughterhouse two or three at a time. Cows from feed lots are generally "slaughtered en masse," releasing hormones into the meat from the "stress and fear" of seeing so many other animals slaughtered before them, Jon says.

In addition to offering organic and free-range products, Jon has tried to create a "cohesive" menu that reflects his love for tradition. He's traveled throughout Italy, France, the United Kingdom, and Montreal, and has explored up and down the West Coast.

"Everywhere I go I try to find a really great restaurant," he says, where he scours the menu for ideas and spends time in the kitchen watching the techniques of other chefs. He finds inspiration from the traditional "peasantry-style foods" he's found wherever he's gone, and he's excited to offer his own versions of classic foods while honoring what has worked for generations before him.

Woody's offers a traditional Jamaican "Jerk" Chicken Sandwich (\$8), a chicken breast slathered with spicy Caribbean Jerk sauce and accented with roasted garlic mayo. Jon brought

sandwich with thin-sliced prosciutto or Portabella mushrooms, fresh mozzarella, ripe tomatoes, fresh chopped basil, pickled sweet peppers, and extra virgin olive oil.

His also offers many a la carte items, including Onion Strings (\$3), Rice and Beans (\$4.50), Grilled Corn on the Cob (\$1.50), Duck Trap Smoked Salmon & Artichoke Dip (\$7.50), and Garlic-Mashed Potatoes (\$3).

But it's the quarter-pound natural beef burgers with choice of regular or sweet potato fries that will bring back meat-lovers again and again. The Grecian (\$6.50) is topped with olive tapenade and goat cheese, the Italiano (\$6.50) comes with marinara sauce, sweet-pickled peppers, and fresh mozzarella, and the Buffalo-Style Burger (\$6.50) is covered with bleu cheese and hot sauce. For vegetarians, Jon offers a delicious, marinated Portabella Mushroom Burger (\$5.50) or a Boca Burger with choice of toppings.

Diners may also order a Chocolate Malt, Vanilla Malt, or Orange Cream traditional milkshake (\$4), Gelato made by Tiger Ice Cream (\$3.50), or a Molten Lava Cake (\$5) baked to order.

With all the options available, Jon hopes a devoted carnivore, someone on a macrobiotic diet, and a vegetarian can all sit down for dinner and find something they'll be happy with.

Green says of the first 16 months of his business that "it's been good. Business feels successful, but you also learn it's not easy to make a buck," especially with the added expense of organic and natural product. He says, however, that he's "feeling validated by being able to throw these things at people and have them enjoy" their dining experience.

"Business is one part making money and one part doing what you love to do. And I most certainly love this."



Scenes from a grill. PHOTOS TAVIA LIN GILBERT

What the Maine native has done with all these elements is create an eclectic menu that offers organic produce, free-range beef and chicken, and locally-baked bread — products he says are just "at arm's length away."

Green's year-and-a-half-year-old grill is not your typical burger joint. It is a great place to grab a burger and brew, Fried Bananas Foster, or even a traditional English breakfast, with beans, tomatoes, eggs, bacon, sausage, mushrooms, and toast. But what makes Greens' grill really stand out is that anyone who is aware of "organic eating, sustainable agriculture, and health in general" is offered a great variety of delicious and unusual food choices.

All the meat offered at Woody's is natural and free-range. Green buys organic beef from Caldwell Farms in Turner, Maine. The free-range chicken he serves comes from Island Acres Farm. Hamburger buns are baked fresh each day by Sorella's Bakehouse in Portland, and Green uses organic, local produce whenever possible. Even the briquettes in his applewood-fired grill are made from organic wheat flour.

Both Green's parents taught at University of

Non-profit news

Boys & Girls Clubs of America

Boys & Girls Clubs of America had its beginnings in 1860 with several women in Hartford, Connecticut. Believing that boys who roamed the streets should have a positive alternative, they organized the first Club, and a cause was born.

In 1906, several Boys Clubs decided to affiliate. The Federated Boys Clubs in Boston was formed with 53 member organizations.

In 1931, the Boys Club Federation of America became Boys Clubs of America.

In 1956, Boys Clubs of America celebrated its 50th anniversary and received a U.S. Congressional Charter.

To recognize the fact that girls are a part of their cause, the national organization's name was changed to Boys & Girls Clubs of America in 1990. Accordingly, Congress amended and renewed their charter.

About Our Programs

Boys & Girls Clubs of America's national programs have taken members from the Clubhouse to the White House; from the games room to the corporate boardroom; from the high school orchestra to Carnegie Hall.

Boys & Girls Clubs of America has a lineup of tested and proven nationally recognized programs that address today's most pressing youth issues, teaching young people the skills they need to succeed in life.

More than 25 national programs are available in the areas of education, the environment, health, the arts, careers, alcohol/drug and pregnancy prevention, gang prevention, leadership development and athletics.

Four key characteristics define the essence of a Boys & Girls Club. All are critical in exerting positive impact on the life of a child:

1. Dedicated Youth Facility

The Boys & Girls Club is a place — an actual neighborhood-based building — designed solely for youth programs and activities.

2. Open Daily

The Club is open every day, after school and on weekends, when kids have free time and need positive, productive outlets.

3. Professional Staff

Every Club has full-time, trained youth development professionals, providing positive role models and mentors. Volunteers provide key supplementary support.

4. Available/Affordable to All Youth

Clubs reach out to kids who cannot afford, or may lack access to, other community programs. Dues are low, averaging \$5 to \$10 per year.



Boys & Girls Clubs of America can enlighten your child's life.

CBW FILE PHOTO

Career Opportunities

Boys & Girls Clubs are growing faster than any other youth development organization in the nation. Presently, there are more than 3,000 Clubs nationwide serving some 3.3 million young people ages 6-18. As the needs of youth change and increase, so do Clubs' needs to attract, train and retain qualified professionals.

Local Boys & Girls Clubs offer a variety of

career opportunities for those interested in the professional areas of youth development, management and executive leadership. As a Club professional, you make a difference in the lives of children, while working in a stimulating and satisfying environment full of challenges and opportunities.

The National Organization has locations in

Atlanta, Georgia, a Government Relations office located in Washington, D.C., and five regional offices. And, while it's true that the national organization doesn't work with kids directly, we do help the local Clubs with their work with children by promoting the development of the Boys & Girls Clubs network throughout the country.

Contact Info

Portland Boys & Girls Club

Portland, ME 04101-4919

Telephone: (207) 874-1069

Riverton Community Extension

Portland, ME 04103

Telephone: (207) 874-1069

More info is available at the Boys & Girls Clubs of America's official website:

www.bgca.org

South Portland Boys & Girls Club

So. Portland, ME 04106-2204

Telephone: (207) 874-1069

TEMPO TEMPO TEMPO

IMMEDIATE NEED FOR A POTATO INSPECTOR

Immediate need for a Potato Inspector in the Fryeburg region.

Qualifications:

- High school diploma or GED equivalent.
- Must be dependable.
- Have reliable transportation.
- Willing to make job commitment.

Paid training will be held in Presque Isle for two weeks. Interested persons should respond immediately for consideration.

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Movies

"Catch Me If You Can"

The film runs 140 minutes and is rated PG-13 for some sexual content and brief language. I rate it with four out of five stars; it's Spielberg, and for his fans, that's enough to recommend it.

★★★★★

by Tom Keene

movie review

America's best storyteller has succeeded yet again, and with a film quite unlike anything he's ever done. With his new movie, "Catch Me If You Can," Steven Spielberg enhances his reputation as a master of the art of telling a tale.

An earlier American master, Willa Cather, wrote: "There are only two or three human stories, and they go on repeating themselves as fiercely as if they had never happened before."

With "Catch Me If You Can," Spielberg takes the story of vengeance, of redeeming a parent, and makes it funny, believable and entertaining. The story is incredibly timely, as we watch our nation rushing to war with a man who, the President has said, "...tried to kill my father."

Frank Abagnale, Jr. (Leonardo DiCaprio) is the 16-year old son of a New Rochelle, N.Y. businessman who is put out of business by the IRS. It's never clear how much Frank, Sr. owes, (the father is played with endless optimism by Christopher Walken) but he has tried to work with the government. Eventually, he loses everything—the fine home, the Cadillac, the private school for his son.

And the worst loss is his wife, (Nathalie Baye) who first has an affair with her husband's friend, then divorces him to marry the pal.

When Frank, Jr. is told he must choose which parent he wants to live with, he runs away instead, beginning a 5-year career as the youngest person ever to appear on the FBI's Most Wanted list.

Frank perfects a number of almost fool-proof check-forging techniques, and by the time he is caught, has written bad checks for several million dollars—all before his 21st birthday.

Amazing story, and the strangest part is that it is true. The film is based on the memoir of the real Frank W. Abagnale, Jr., and knowing that what Spielberg portrays is true makes watching "Catch Me If You Can" all the more enjoyable.

Although it's never stated, it is obvious that Frank, Jr. is getting back at the government that drove his mother away from home, that sank his father into poverty, and that created a sad, lonely criminal out of a kid with the brightest of futures.

His life of crime begins as he tries to cash checks from the \$25 checking account his father opened for him on his 16th birthday, saying, "now you're part of their little club."

After a string of failures, Frank learns how to cash bad checks—using the charm and

persuasiveness his father taught him. Soon, he has mastered the art of actually creating payroll checks from Pan Am, the airline for which he posed as a pilot, flying "deadhead" across the country.

This kind of "paperhanging," the government's term for cashing bad checks, soon has the full attention of the FBI, and its best bank fraud agent, Carl Hanratty (Tom Hanks).



Passing himself off as an airline pilot, Frank Abagnale (Leonardo DiCaprio, center) finds the perfect camouflage... surrounded by a bevy of beautiful stewardesses.

In fact, Hanratty actually confronts Frank at gunpoint, catching him with all the evidence needed to convict him, but Frank is young and bright and bold beyond belief. He tricks Hanratty, making him look very stupid. And while it does happen again and again, Hanratty too is bright, eventually coming to understand his nemesis perfectly.

The story itself is intriguing, but that which parent he wants to live with, he runs away instead, beginning a 5-year career as the youngest person ever to appear on the FBI's Most Wanted list.

While it is usually humorous, there are a number of scenes and continuing plot lines that darken the carefree life of a teenager who has learned to beat the system. Hanratty understands the despair of his young target when, in response to Frank calling him on Christmas Eve, he says, with a sudden insight and a laugh, "You called me because you've got nobody else to call!"

It's true, and Frank slams the phone down hard—and Hanratty knows that he's got his man.

There are only a few flaws in the film, largely toward the end, which isn't satisfying at all, and several of the secondary roles aren't well cast. And Frank's life of crime could have been a bit more detailed. But there is so much to love about "Catch Me If You Can" that Spielberg can be forgiven for a lapse or two. ★★★★★

"About A Boy"

Rated PG-13 for mild obscenity with a running time of 101 minutes. I rate it with four out of five stars.

★★★★★

by Tom Keene

video review

Hugh Grant's quietly brilliant film about an aimless and self-centered bachelor was largely ignored by movie-goers. That should be remedied soon, since "About A Boy" was released on DVD and VHS on January 14. There's no excuse now not to see this movie that amuses and awakens, for unlike so much recent theater fodder, this movie actually has a point.

Grant plays Will Freeman, a 38-year old free spirit who lives off the royalties of his late father's hit song, "Santa's Super Sleigh." His goals in life seem to be collecting CD's and women. The CD's he keeps, while he discards the women as quickly as possible. The British author John Donne wrote, "No man is an island, entire of itself; every man is a piece of the continent, a part of the main." Will Freeman says, "This is an island age," and he lived every moment as though nothing he did or said had any effect on anyone else.

The primary victims of his self-indulgent and thoughtless life-style are the women he dated and dumped without a care. He ends any relationship that even hinted at semi-permanence, reasoning, "I am the star of the Will show—it is not an ensemble drama!"

His sister, respectably married with children, tells him she hopes he has some hidden depth: "No," replied Will, "I really am this shallow."

When breaking up begins to become difficult, Will discovers that single mothers are a tremendous source of guilt-free dates, since they often break up with him and return to their ex-husbands before he has to create yet another excuse.

He carries this to a ridiculous degree when he begins attending meetings of a group called SPAT: Single Parents Alone Together.

And he does meet women, but when he is asked about his child—he is, after all posing as a single parent—he concocts a tales that leads him to more lies than anyone could keep track of.

In the course of his pursuit of the perfectly dumpable date, he meets a single mom who is, shall we say—unstable. Through circumstances that it would be unfair to reveal here, Will comes to know and care about her 12-year old son, Marcus. This boy is routinely harmed and harassed by his classmates, and is constantly torn by the concerns his mother presents to him.

Now, if this sounds like an unlovely film about a useless clod, it becomes much more than that. For not only does Freeman get what's coming to him, he learns valuable lessons about himself and others that makes him loveable. But revealing too much destroys the fun of watching this grown man actually grow up.

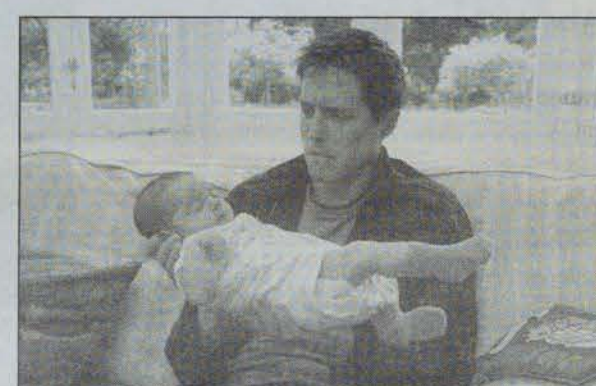
Hugh Grant tends to be an acquired taste;

there are some who wouldn't spend a dime to see one of his movies. Others feel that if you've seen one Grant film, you've seen them all. I happen to enjoy his work and went to see "About A Boy" because I wanted to see another Hugh Grant Movie.

But it's nothing like his previous work, and it's the best exhibition of his talent yet. The supporting cast is generally superb, especially Nicholas Hoult as Marcus and Toni Collette ("The Sixth Sense") as his mother, Fiona. Rachel Weisz ("The Mummy") plays another single mom with a son as dull as Marcus is sharp, and this pair does drag the believability down a bit.

Will begins to learn some of life's most valuable lessons when he admits to the emotionally needy Marcus, "I can't help you with anything that means anything."

Soon, though, he becomes a teacher of sorts as he and Marcus learn—and regrettably sing—together. While there are a number of insignificant side plots and a few loose ends, the humor and gentle prodding toward "the right thing" make "About A Boy" an interesting.



Hugh Grant as Will Freeman in "About A Boy."

teresting use of an evening in the old home theatre.

Scoundrels and cads are properly upbraided, and it will be hard not to come away without an urge to look at one's own parenting priorities—after the laughter stops, which will be awhile. ★★★★★

Be sure to check out Movie Times & Local Theater Info on our website:

casco bay weekly.com/cbw2003/movies/times.stm

New Releases DVD & Video

Now Available

101 Dalmatians II, 24 Hour Party People, Black Listed, Bloody Streetz, Critical Mass, Dinner Rush, Disappearance, Harrison's Flowers, Jam Miami, Mad Love, One Week, Simone, Tadpole, The Bourne Identity, The Cockettes, The Rosa Parks Story, Two of Us, World Traveler

Coming 01/28/2003

Blood Crime, Master of Disguise, Serving Sara, Subterano, The Banger Sisters, The Foreigner, The Sleepy Time Gal

listings

HAPPENINGS

Thursday, January 23

"A Wonderful Winter Zoo" Maine Winterfest, January 23–26, Falmouth & Freeport. Snow & Ice sculptors, Statewide restaurant cook off, Lake Placid's USA Luge Team, Fire breathing dragon slide, trolley rides, horse-drawn carriage rides and much more. "Winter Fun and Learning" hosted by L.L. Bean Outdoor Discovery Schools. International Snow Park Lighting, 6pm, 1/24, Falmouth. Main Street Walk of Ice Lighting Ceremony, 5pm, 1/25, Freeport.

Friday, January 24

"Andrea's Voice," an educational program on eating disorders, 7 p.m., Room 10, Bailey Hall, USM Gorham, free and open to the public, 780-5168.

Portland Pirates vs. Manchester, at the Cumberland County Civic Center, Spring and Free streets, Portland, at 7:05pm. Tix \$8-\$18. 775-3331

Teach In for Peace, 9am–6pm, University of Southern Maine, Woodbury Campus Center, FMI contact Desi Larson, 780-5164.

Cabin Fever Book Sale including books, videos and puzzles, Springvale Public Library, 9am-2pm, Springvale, 324-4624.

Saturday, January 25

Dance Series. The Habitat for Humanity Benefit Dance, A mighty Cloud of Fiddlers with Bill Olson calling 6-7:30 Family Dance \$2 7:30-8:30 Potluck Supper, Contradance 8:30-midnight \$7. All proceeds go to The Habitat for Humanity. All dances taught, beginners & singles welcome. Wescustogo Hall, Rt. 115 North Yarmouth. For more information call Jeff 865-9014.

Fiddle Workshop. Calling all fiddlers and violinists: a hands-on, no holds-barred lesson with Mark O'Connor, among the most outstanding and versatile fiddlers alive—2pm, Center for Cultural Exchange, Longfellow Square.

"Getting Started in Family Child Care." Child Care Connections is sponsoring a one day class. This class will assist new child care providers to start a family child care business. There will be information on regulations, health and safety practices; developmentally appropriate practice; business practices; resources for professional development; and discussion on the unexpected demands that this work choice will have on the provider and family. 8:30-3:00 at Charlie Beigg's Restaurant in Windham, \$25 (includes notebook of materials and lunch), call 871-7449 x243

Jazz guitar workshop. Guitar players can learn a tune from ace picker Frank Vignola—2pm, Center for Cultural Exchange, Longfellow Square.

Portland Pirates vs. Providence, at the Cumberland County Civic Center, Spring and Free streets, Portland, at 7:35pm. Tix \$8-\$18. 775-3331

"Voices and Choices," a half-day event examining the 30th anniversary of Roe v. Wade, keynote address by Kitty Kolbert, Esq., 9-1 p.m., Woodbury Campus Center, Portland, \$10 public, \$5 students, registration required, www.ppnne.org/grassroots, 781-2201 or 780-4862.

Sunday, January 26

Sunday Brunch for Masons on a Mission. Tasty buffet from wood fired bakeoven. We will have a slide presentation and discussion of our past 3 years of work building efficient, vented wood burning cookstoves for the Maya in Guatemala, to replace open 3 stone fires that damage the health and eyesight of millions there. Fore Street Restaurant, 11am-3pm.288 Fore Street, Portland. \$50 per plate. 207.775.2717.

Monday, January 27

Core Connections Lecture Series. Anouar Majid, Ph.D., professor and chair of the UNE English Department and author of Unveiling Traditions: Postcolonial Islam in a Polycentric World (2000), will give a talk on "Islam in the American Imagination," at University of New England in Alford Center, Room 205 from 12:00-2:00 p.m.

Arts Education Classes—The Schoolhouse Arts Center at Sebago Lake, Winter/Spring Semester. Offering Voice I, Adult Voice and Musical Theater, Voice Level II for ages 11-13, and Voice Level III for ages 13 and older. For additional information please call 642-3743 or www.schoolhousearts.org.

Open Poetry Reading. Bring your favorite new poem and try it out in public—7:30pm, Center for Cultural Exchange, Longfellow Square.

Portland Pirates vs. Lowell, at the Cumberland County Civic Center, Spring and Free streets, Portland, at 7:05pm. Tix \$8-\$18. 775-3331.

Tuesday, January 28

Architecture and Sustainability Lecture by architect Randy Croxton, nationally known for his work in "green" architecture. His firm, Croxton Collaborative, designed innovative, environmentally sustainable headquarters for the Natural Resources Defense Council and National Audubon Society. Sponsored by the environmental studies program, Bates College, Chase Hall Lounge at 7:30pm.

"Turning Memories Into Memoirs." Workshop for those who have already written some of their stories. Ten sessions, alternate Tuesdays, 1:30-4:30pm at the Lewiston Public Library. \$250 fee

Wednesday, January 29

Video Showing "Outrider" is a documentary filmed by poor and homeless people in the United States about poverty and homelessness. It's showing at Portland West, 181 Brackett St, Portland, at 7 pm. Free. 775-2801.

Ongoing

Amnesty International meets the second Tues of the month at Casco Bay Ferry Terminal's Conference Room, Commercial Street, Portland, at 7:30 pm. Free. 874-6928.

Wings of Winter: Portland. Hit Greater Portland's birding hot spots with Maine Audubon Society. We'll start at Back Cove, then move on to Willard Beach, Portland Head Light, Two Lights State Park and Kettle Cove. 8:30am-noon, (Weather date: Sunday, January 26). Tix: \$10/member, \$15/nonmember. Reservations required; call 207-781-2330 x215.

Debtors Anonymous is a recovery program for people with chronic debt based on the 12 steps of Alcoholics Anonymous. The local chapter meets every Tues at the Woodfords Congregational Church, 202 Woodfords St, Portland, at 7 pm. Call 774-4357 for more information.

Divorce Support Group The Greater Portland Support Group for the Divorced and Separated meets every Tuesday at the Holy Martyr's Church, Route 88, Falmouth, at 7 pm. For more information call 797-9374.

Food Not Bombs The group distributes free food to the masses in Monument Square, Portland, every Sun from 2-4:20 pm. 774-2801.

Geographic Information Systems Clinic, open to anyone with a GIS questions, research, problem, research idea, or general interest, 9:30-11:30 am, Wednesdays; and Open GIS Seminar, noon-1pm, Wednesdays, bring lunch and discuss GIS with faculty, staff, and students; both the clinic and the seminar are in Room 302, Bailey Hall, University of Southern Maine Gorham Campus, beginning on Wednesday, January 15, and are open to the public. 780-5063.

The Greater Portland Maine Genealogical Society meets the first Sat of the month. All are welcome. Help is available for beginning family researchers. At Thomas Memorial Library, 6 Scott Dyer Road, Cape Elizabeth, at 1 pm. 767-4490.

The Greater Portland Parkinson Support Group meets the fourth Sun of the month at the Falmouth Congregational Hall, 267 Falmouth Road, Falmouth at 2 pm. All those with Parkinson's, as well as their families and friends are welcome. Call 797-8927 for more information.

The League of United Latin American Citizens meets the fourth Thurs of the month at the Reiche School, 166 Brackett St, Portland, at 6 pm. 767-3642.

Man to Man Monthly discussion group meets first Thurs of the month to discuss issues pertaining to men's lives. All men over the age of 18 are welcome. At the Center for Cultural Exchange, 1 Longfellow Square, Portland, from 7-9 pm. Free. 865-2048.

Salvation Army Senior Center Drop-in center for serving people age 60 and over in the Greater Portland area Hours 9 a.m.-3 p.m. Monday thru Friday. Daily noon time meal served in the congregate dining room for a donation. Activities vary weekly, monthly field trips on our 25 passenger bus. 297 Cumberland Ave, Portland, at 10 am. 774-6304.

Sing rounds and women-centered chants, 1:15-2:15 p.m., Wednesdays when classes are in session, Honors Building basement, open to the public, 780-4321

Underground Railroad Tours Peace Action Maine member Wells Staley-Mays gives tours of Portland's Underground Railway and other sites important to African-American history. Complete tour is two hours or less. Tix: \$6 per person (minimum group of six). 772-7249.

USM Southworth Planetarium astronomy shows featuring 7pm, Fridays & Saturdays; laser shows featuring 8:30pm, Fridays and Saturdays; children's shows 3pm, Saturdays and Sundays; star shows \$4.50 adults, \$3.50 chil-

dren/seniors/students; laser shows \$5 adults, \$4 children/students; matinees \$3.50 per person, 780-4249.

USM Ice Arena public hours, 9:10-10:30am, Monday-Friday, \$4 public/staff, \$2 under 18, under 6 free, please call 780-5991 for updates.

Women in Black Vigils Women in Black "stand in silent vigil to protest war, rape as a tool of war, ethnic cleansing and human rights abuses all over the world. We are silent because mere words cannot express the tragedy that war and hatred bring." Vigils take place Fridays at Temple and Spring streets from 12-1 pm, and at Congress and High streets from 5-5:30 pm.

Writers Jam Sessions The Maine Writers and Publishers Alliance sponsors informal writers groups. All genres welcome every other Mon, at MWPA, 14 Maine St, Suite 416, Brunswick, at 7 pm. Free. 729-6333.

classes/workshops

Hips on Fire Latino Dance Class with Seemore Johnson of Costa Rica and Christine Pujol of Spain. Ten weeks of fun and exciting latino dance. Partners are not necessary. Beginners are welcome! 1/25 - 3/29, Saturdays, 3:30 - 5:00pm. Casco Bay Movers Dance Studio, 517 Forest Avenue, Portland. Cost: \$14 each or \$125 for the session. 871-1013.

PERFORMANCE

Theater

"CULTI" performances at the St. Lawrence Arts & Community Center, 66-76 Congress Street, Portland, Thursday through Sunday at 8pm through February 2, with a special Super Bowl Matinee on January 26th at 2pm. Tickets: \$10. 774-8267.

"Once Upon a Mattress" directed by Kevan Patrinquin, Fri, Jan. 24 - Feb. 9, Tix \$12-\$15, 799-7337.

"Proof" by David Auburn, Jan. 24, 25, 26, 30, 31, Feb. 1 & 2. The Public Theatre, Lisbon & Maple St. Lewiston. \$12.50-\$15. Thurs. - Sat. 8pm; Sunday, 2pm. 782-3200/(800) 639-9575.

"Triple Espresso," Portland Stage Company, 7:30pm, through January 26, Portland, ME, \$20 to \$32, 774-0465.

At The Mike

THURSDAY JAN. 23
Comedy Showcase hosted by Patty Ross, 8:30pm, Comedy Connection, 16 Custom House Wharf, Portland. Tickets: \$6. 774-5554.

FRIDAY JAN. 24
Patty Ross w/ Steve Byork and Charles Grover, 8:30pm, Comedy Connection, 16 Custom House Wharf, Portland. Tickets: \$10. 774-5554.

SATURDAY JAN. 25
Patty Ross w/ Steve Byork and Charles Grover, 7:30 & 9:30pm, Comedy Connection, 16 Custom House Wharf, Portland. Tickets: \$10. 774-5554.

"Naked in Portland: Songs from a Musical," CD release of the pop musical performed by Jason Wilkins, Frotus Capar and others, 8pm, Casco Bay Books, Portland, 541-3842.

WEDNESDAY JAN. 29
An Evening with Lily Tomlin Merrill Auditorium, Portland, 8pm, \$37.50 to \$47.50, 842-0800.

music directory

The Alehouse 30 Market St. Portland. 253-5100.
American Legion Post #62 17 Dunn St. Westbrook. 856-7152.
Amigo's 9 Dana St. Portland. 772-0772.
Asylum 121 Center St. Portland. 772-8274.
Barbara's Kitchen and Cafe 388 Cottage Road, South Portland. 767-6313.
The Big Easy 55 Market St. Portland. 871-8817.
The Big Kahuna Cafe 142 Main St. Bridgton 647-9031.
Bowdoin College Chapel Brunswick. 725-3321.
Bramhall Pub 769 Congress St. Portland. 773-9873.
Breakaway 35 India St. Portland. 541-4804.
Bridgeway Restaurant 71 Ocean St. South Portland. 799-5418.
Brian Boru 51 Center St. Portland. 780-1506.
Brooks Student Center University of Southern Maine, Gorham. 780-5003.
Bull Feeney's 375 Fore St. Portland. 773-7210.
Casco Bay Lines, Casco Bay Lines Terminal, 55 Commercial St. Portland. 774-7871.
Cathedral Church of St. Luke 143 State St. Portland. 772-5434.
Cathedral of the Immaculate Conception 307 Congress St. Portland. 773-7746.
Center for Cultural Exchange 1 Longfellow Square, Portland. 761-1545.
Chocolate Church Arts Center 798 Washington St. Bath. 442-8455.
C.J. Thinsty's 726 Forest Ave. Portland. 775-6681.
Civic Center Between Spring and Free streets, Portland. 775-3458.
Clyde's Pub 173 Ocean St. South Portland. 799-4135.
Commercial Street Pub 128 Commercial St. Portland. 761-9970.
Corthell Concert Hall 37 College Ave. University of Southern Maine, Gorham campus. 780-5555.
Cooker Theater Brunswick High School, Maquoit Road, Brunswick. 725-3895.
David's Restaurant 22 Monument Square, Portland. 773-4340.
Deertrees Theatre and Cultural Centre Deertrees Road, Harrison. 583-6747.
Digger's 440 Fore St. Portland. 774-9595.
Discovery Park L.L. Bean, Main Street, Freeport. (800) 359-0747.
X37222
Downeast Restaurant 705 Route 1, Yarmouth. 846-5161.
First Parish Church of Portland 425 Congress St. Portland. 773-5747.
The Flatbread Company 72 Commercial St. Portland. 772-8777.
Free Street Taverna 128 Free St. Portland. 772-5483.
Geno's 13 Brown St. Portland. 772-7891.
Gummy's Burritos 420 Fore St. Portland. 828-1579.
Gitty McDuff's 196 Fore St. Portland. 772-2738.
Happy Cooking 78 Island Ave. Peaks Island. 766-5578.
Headliners 35 Wharf St. Portland. 773-1570.
The Iguana 52 Wharf St. Portland. 871-5886.
The Industry 50 Wharf St. Portland. 879-0865.
Jonathan's Restaurant 93 Bourne Lane, Ogunquit. 646-4777.
Kennebunk Coffeehouse Routes 1 and 35, Kennebunk. 229-0212.
Kresge Auditorium Bowdoin College campus, Brunswick. 725-3321.
Liquid Blue 446 Fore St. Portland. 774-9595.
Local 188 188 State St. Portland. 761-7909.
Luckie Auditorium University of New England, 716 Stevens Ave. Portland. 797-7261.
Mast Cove Galleries Mast Cove Lane, Kennebunkport. 967-3453.
Mathew's Lounge 133 Free St. Portland. 253-1812.
The Mercury 416 Fore St. Portland. 879-4007.
Merrill Auditorium 20 Myrtle St. Portland. 842-0800.
Moose Crossing Steakhouse 270 U.S. Route 1, Falmouth. 781-4771.
The Music Hall 28 Chestnut St. Portsmouth, NH. (603)433-3100.
Old Orchard Beach Pavilion 17 Prospect St. Old Orchard Beach. 934-2024.
Old Port Tavern 11 Moulton St. Portland. 774-0444.
Olin Arts Center 75 Russell St. Bates College, Lewiston. 786-6252.
O'Rourke's Landing 175 West Benjamin Pickett St. South Portland. 767-3811.
The Pavilion 188 Middle St. Portland. 773-6422.
Plush 54 Wharf St. Portland. 774-9595.
Portland Conservatory of Music 116 Free St. Portland. 775-3356.
Portland Museum of Art 7 Congress Square, Portland. 775-6148.
Portland Public Market 25 Preble St. Portland. 228-2000.
Pub 21 (Fitties Pub) 223 Congress St. Portland. 771-5382.
Rick's 100 Congress St. Portland. 775-7772.
RikRik 72 Commercial St. Portland. 761-4446.
St. Lawrence Arts and Community Center 76 Congress St. Portland. 775-5568.
Saco River Grange Hall Salmon Falls Road, Bar Mills. 929-6472.
Sierra's Bar and Grill Routes 25 and 114, Gorham. 839-3500.
Silver House Tavern 340 Fore St. Portland. 772-9885.
Sisters 45 Danforth St. Portland. 774-1505.
The Skinny 625 Congress St. Portland. 871-8983.
Sly Bar 188 Middle St. Portland. 773-6422.
Somewhere 117 Spring St. Portland. 871-9169.
South Freeport Church 98 South Freeport St. Freeport. 865-4012.
Starbird Rectal Hall 525 Forest Ave. Portland. 775-2733.
State Street Church 159 State St. Portland. 774-6396.
State Theatre 609 Congress St. Portland. 775-3331.
The Station 272 St. John St. Portland. 773-3466.
Three Dollar Dwey's 241 Commercial St. Portland. 772-3310.
Una 505 Fore St. Portland. 828-0300.
The Underground 9 Spring St. Portland. 773-3315.

Unless otherwise noted, all events are all ages.

listening posts

thursday 23

The Alehouse
Boombazi (funk/21+)
The Big Easy
Jeremiah Freed (10pm/\$3/21+)
Brian Boru
Stream (Reggae/9pm/21+)
Center for Cultural Exchange
Mathias Lubri Quintet (7:30pm)
Free Street Taverna
Open Mic w/ Tyler of Sly Chi (9:30/no cover)
O'Rourke's Landing
Acoustic Open Mic w/ Ken Grimsley & Ben Roy
Old Port Tavern
Karaoke (9:30pm/no cover/21+)
Three Dollar Dweys
Souder & Williams (6-10pm/21+)

friday 24

The Alehouse
Dexter Groove (9:30pm/cover tba/acid folk/21+)
Asylum
Ruby Horse / Frotus Craper / Helicopter
Helicopter / Extendo-Ride (21+/\$10/8pm)
Big Easy
The Chris Fitz Band (10pm/\$5/21+)
Bridgeway Restaurant
Bobby Laine (Piano/6-10pm)
Center for Cultural Exchange
Marc Ribot (8pm/\$15 in advance)
Free Street Taverna
Shawn Mencher (10pm/\$3)
Old Port Tavern
In The Red (9:30pm/no cover/21+)
Sisters
DJ (9pm/\$2/21+)

saturday 25

The Alehouse
Paranoid Social Club
w/ special guest Poverty (9:30pm/cover tba/21+)
Asylum
Dj Jon / Dj Fred (21+/\$3/8pm)
The Big Easy
Young Neal & The Vipers (10pm/\$5/21+)
Bridgeway Restaurant
Bobby Laine (Piano/6-10pm)
Free Street Taverna
Pat Dinizio of the Smithereen's w/ special guest Wow (10pm/\$10)
Gitty McDuff's
Karaoke (9:30pm/21+)
Old Port Tavern
In The Red (9:30pm/no cover/21+)
Saco Coffeehouse
Laura Campbell (singer-songwriter/7:30pm/\$7)
Sisters
Top 40 DJ (8:30pm/\$3/after 10pm/\$5/21+)

sunday 26

The Alehouse
Stream (Reggae/\$2/21+)
Brian Boru
Irish session music (3-7pm)
Free Street Taverna
Nip in the Nub (9pm/no cover)
Gitty McDuff's
Ann Marie Smith (9:30pm/21+)
Old Port Tavern
Karaoke (9:30pm/no cover/21+)
Three Dollar Dweys
Tom Dee (4-8pm/21+)

monday 27

The Alehouse
Members of Moe, Percy Hill, Strangefolk, Assembly of Dust, Moonboot Lover (\$5/21+)
The Big Easy
Ryan McAlmon (10pm/\$3/21+)
Free Street Taverna
Hip Hop Open Mic w/ Boon Dox (10pm/no cover)
Old Port Tavern
Karaoke (9:30pm/no cover/21+)

tuesday 28

The Alehouse
Open Mic Night (no cover/21+)
The Big Easy
Sly Chi (Funk/10pm/\$3/21+)
Bridgeway Restaurant
Al Doane Jazz Jam (7-10pm)
Old Port Tavern
Karaoke (9:30/no cover/21+)
Three Dollar Dweys
Jim Gallant (6-10pm/21+)

wednesday 29

The Alehouse
A Band Beyond Description
w/ special guests from Strange Pleasure (jam band/9:30pm/\$2/21+)
The Big Easy
Zion Train (Reggae/10pm/\$3/21+)
Breakaway
The Maine Songwriters Showcase (8pm/no cover/21+)
Free Street Taverna
Bill Cameron (10pm/no cover)
Old Port Tavern
Karaoke (9:30/no cover/21+)

soundbite

DIG INTO DIRT

MARK SELBY RELEASES SOPHOMORE EFFORT ON VANGUARD RECORDS

Vanguard Records announces the January 28, 2003 release date for *DirT*, the sophomore album from Mark Selby. Marking a major leap forward in the career development of the immensely talented singer/songwriter/guitarist, *DirT* is powered by his energized, insightful lyrics and incendiary blues/rock guitar playing. The Oklahoma-born and Nashville-based Selby is building on the initial success achieved by his label debut, *More Storms Comin'*, released in 2000.

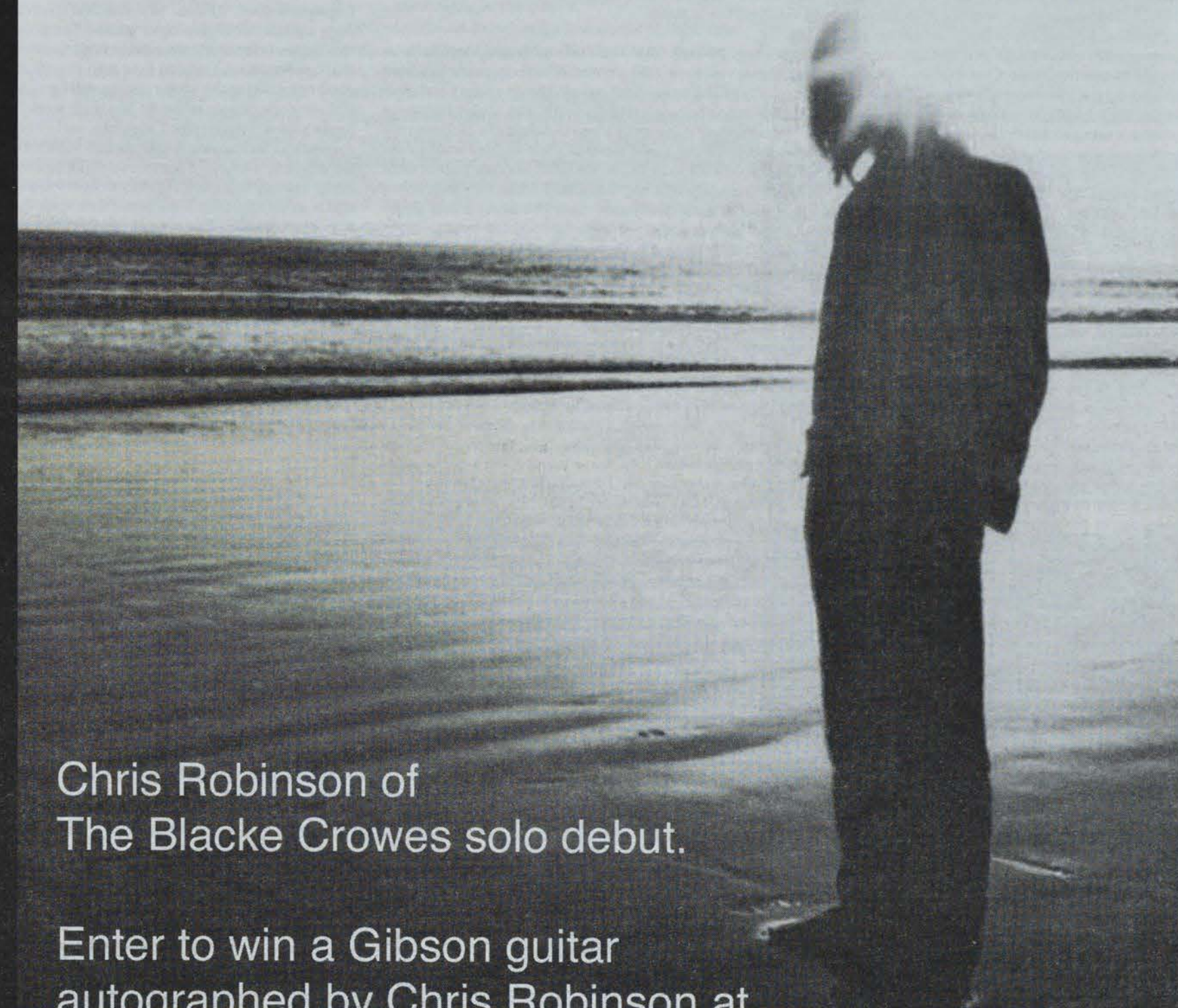
Since the release of *More Storms Comin'* in 2000, Mark Selby has continued to develop his performing chops by consistent touring both in the States, Europe and Japan, where he's played on shows with B.B. King, John Mayer, Collective Soul, Jeff Beck, Robert Cray and Levon Helm, among others. That road work is clearly evident in both his soulful singing and especially in his guitar work throughout *DirT*, where he creates just the perfect guitar sound and tones to fit each song, whether it's the stinging slide guitar work on the album's opener, "Reason Enough," the smokin' power rock riffs on "One Man," or the subtle R&B-influenced licks on "Back Door to My Heart."

Once again co-produced by Selby and Grammy-winning producer Brent Maher, *DirT* is chock-full of the same kind of down-to-earth songs about love, relationships and life choices that have earmarked Mark Selby's style as a songwriter ever since he achieved his first fame for penning such hits as the Dixie Chicks breakthrough smash, "There's Your Trouble," and "Blue on Black," for Kenny Wayne Shepherd, which became *Billboard* magazine's 1998 Rock Track of the Year. Selby's songwriting credits include a number of additional cuts by Kenny Wayne Shepherd, as well as the current country hit, "Barbed Wire and Roses," for PinMonkey, and songs recorded by Lee Roy Parnell with Keb' Mo', Wynonna, Tammy Cochran and Jo Dee Messina, demonstrating the breadth of his skill as a writer. The majority of the songs on *DirT* were written by Selby and his longtime co-writer Tia Sillers, who is also now his wife. Additional co-writers on the album include Kenny Wayne Shepherd and Kieran Kane.



CHRIS ROBINSON

new earth mud



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what's your sign?

Have you ever read your horoscope and thought, "how do they know me so well?" Or even, "that's not me!" Many astrologers base their predictions on the idea that people born at the same general time share certain traits. Find out below how much you have in common with your fellow signsters!

Aries (March 20-April 20): Spring brings the earth alive when the Sun moves into Aries, making it THE Action Sign! Ruled by warrior Mars, Aries people make us wake up from our winter naps - no matter what season it is. They burst through barriers to scope out new terrain, and don't understand why people stay in one place longer than they have to. Aries people are always willing to take charge - whether they're supposed to or not. Their enterprising spirit stirs others to follow them, but when their urge to take action gets too intense, they can lead people into difficult predicaments. We might like it better if Aries would remember the adage, "Look Before You Leap", but there's not much chance of that. Instead, let's applaud our Aries friends for never failing to usher in a breath of fresh air, and keep a close eye on them around china shops and tall buildings. Aries people are full of creative ideas. Count on them to roll up their sleeves and dig in while everyone else is still standing around wringing their hands. What they need to develop is the staying power it takes to finish the things they start.

Taurus (April 21-May 20): Seeds take root when the Sun moves into Taurus, and as protector of the spring seedlings, Taurus is the ultimate symbol of stability and security. Ruled by the Earth Mother side of Venus, Taurus people bring forth the riches and resources of the material world. They embody practical and productive energy. There's no doubt that Taurus people spoil themselves with creature comforts, but they are also very hard-working and generous. Nothing pleases Taurus more than being able to share what they have with the people they love.

Gemini (May 21-June 20): By the time the Sun moves into Gemini, the cool breezes of spring warm up and we witness nature's wonders. Mercury, the fast-footed messenger of the gods, is the planet that rules Gemini. As the zodiac's designated messengers, Geminis are caught between two worlds. You'll find most Gemini people to be completely involved in thoughts and words. No wonder Gemini people can have more than one opinion at the same time. In fact, their often conflicting viewpoints make it seem like they have "split personalities". No need to call in the psychiatrists, though. It's not a personality disorder, it's just Gemini's need for variety that induces these intelligent and charming souls to flip from one way of thinking to another. Their curiosity leads them to seek almost constant mental stimulation, and can make it very hard to pin them down. We'd like to keep our Gemini friends tied down to one place sometimes, but that's not their natural condition. Besides, if we don't let them keep moving, they won't have any news to bring back the next time we meet.

Cancer (June 21-July 21): Summer begins when the Sun enters Cancer, so it's only natural that Cancer people want to nurture and protect all living and growing things. In the proper setting, they're natural nest-builders who use their intuition to figure out what people need, then cater to them. Like their planet, the Moon, Cancerians are deeply mysterious and changeable, yet highly intriguing, they are drawn to people who need them, and they thrive on having people depend on them. That's when strings begin to be attached. Cancerians cling to the past as a symbol of the security they need, and don't want to be forgotten. Because of this sentimentality, it's hard for them to let go of their "children" once they've outgrown Cancer's support system. You can try to stop these family-oriented people from fussing over you, but it's probably not worth the guilt trip they'll send you on if you hurt their feelings. When you look at it that way, getting smothered in fabulous food and tender loving care can't be all bad.

Leo (July 22-Aug. 21): The sun is at its most intense when it moves into Leo, and "hot" is the word for this charismatic and sociable sign. Ruled by the Sun, King of the celestial sphere, Leo People have a regal way about them. Their contagious energy radiates in such a way that draws in the lion's share of attention, and their sunny Leo disposition livens up

any environment. Much of the time, Leo people are convinced they're supposed to be putting on a performance, and some of them become more absorbed in form than substance. Their dramatic way of relating makes Leo people seem self-centered and dictatorial, but they're not only interested in themselves. Natural-born leaders, Leo types have a lot of "fathering" energy - they want to bring the best out in everyone they know. Leo is a FIRE sign. Fire people use their insight to spur them on to make daring moves. They take risks that genuinely worry most people, but it's nearly impossible to get them to stop following their heart, so just sit back and watch them go where it leads them.

Virgo (Aug. 22-Sept. 21): The Sun's arrival in Virgo tells us that it's harvest time. Like a conscientious farmer examining the quality of the crop, Virgo people like to inspect and evaluate things to see how useful they are. The analytical power of Mercury, their ruler, gives Virgo the ability to pick out mistakes and point out flaws, but that's not all they want to do. Virgo people want to be of service to others. Yes, part of what they do is nit pick and nag, especially when they perceive a lack of precision or cleanliness. But even when it gets under our skin, that nagging often helps us to do our best. Virgo definitely can suffer from not seeing the forest for the trees, but that characteristic is what makes them such terrific "detail people". If you ever want to give them a taste of their own medicine, inspect their homes or look inside their cars. You'll be surprised at how much you find to pick on! Some Virgo people get so fussy about being neat and clean that they give up on themselves - and make a huge mess out of their own belongings. They also love small animals, and often like having a cat or dog in their home.

Libra (Sept. 22-Oct. 21): Venus as the goddess of beauty, love and justice rules Libra, and while the Sun is in this sign, we marvel at the colors and bountiful harvest that the earth has produced. Libra people are artistic by nature, and they can develop their talents in at least two ways. If they don't become involved in the creative arts, they might develop the "art" of negotiation instead. The Libran's compulsion to take in the big picture and evaluate every side of an issue makes this sign extremely social - if a bit indecisive. They feel that by choosing one alternative, they'll miss out on another. Libra people always want to have someone around them, too. If they have an idea or they make something, they want to share their excitement with another person - right away! Of course, it would be nice if this impulsive side of Libra would impel them to make their decisions a little faster. But the fact that they take their time shows us that it can be a good thing to stop and look at all our alternatives before we make big commitments.

Scorpio (Oct. 22-Nov. 21): The Sun moves into Scorpio as we begin to notice the nights becoming longer and the trees and plants begin to wither. The ninja-warrior side of Mars rules this sign. Scorpio gets a bad rap, because people fear the destruction of life that is so evident at this time of year. Scorpio people understand that destruction is a natural part of life, and they know it brings the possibility of achieving greater perfection the next time around. Scorpio is also associated with sex and other regenerative powers. Scorpio people can see through illusions of all kinds, and they often seem like they're reading our minds. Their ability to know what we're thinking can be unnerving, especially when they criticize our ideas before we've even finished describing them. They don't mean to make us feel bad. Scorpios have sky-high standards of excellence, and they just want us to try a little harder.

Sagittarius (Nov. 22-Dec. 20): While the Sun is in Sagittarius, our preparations for the festive holiday season go into full swing. Spirits are high and strains that convey sentiments like "Good Will Towards Everybody" echo through the chilly landscape. The jovial and expansive planet Jupiter rules Sagittarius, giving it spunk and exuberance. During this spe-

cial time it seems like we want to enjoy everything! Sagittarius people call upon this bouncy optimism to override even their darkest moods. Sagittarius people are known for having a sense of humor, and some may say, a quality of innocence that borders on gullibility. We can always count on our Sadge friends to laugh at our jokes - even when they're the brunt of them! The serious side of Sagittarius makes them perpetual students and the intrepid travelers. Sadge people want to tackle all of life's questions, and will go to the ends of the earth to find the answers. Would we want them any other way?

Capricorn (Dec. 21-Jan. 19): The Sun's entrance to Capricorn signals the beginning of winter. The good news is that this darkest day of the year heralds all the exciting holidays that are based on bringing light into the world. The not-so-good news is that the winter season will bring hard work with it. Capricorn people really do like their work. The authority figure planet Saturn rules Capricorn, and although Saturn is a relentless taskmaster, he also brings structure to the world. Let's face it, we need Capricorn people to show us how it's done! These people are builders in every sense of the word, and many of them reach the top of their field - because they're the ones who have the courage to climb there. If you have many Capricorn people in your life, you may think they are "all work and no play", but that's not entirely true. Some of our greatest comedians are Capricorn people.

Aquarius (Jan. 20-Feb. 18): The Sun goes into Aquarius when the earth is at its coldest. You would think we'd all be snug in our beds, more than happy to hibernate, but with Aquarius' spirit so prevalent during this time, that's not the case at all. Because Aquarius strives to bring light to the world through ideas, we often use this time during the height of winter to test our theories and begin to work them through in earnest.

Aquarius people are ruled by Saturn, and they work very hard at what they do. Aquarius people go one step further than everyone else - they try to get people to push their limits and think "outside the box". Aquarians can seem detached and distant, but the fact is that they're always thinking about our general welfare. There's only one problem about this "free-thinking" spirit, though. Once Aquarians embrace an idea, they won't let it go until everyone they know agrees with them. We call them quirky, kooky and sometimes crazy, but we admit that without Aquarians, we'd be missing out on some of the brightest out-of-this-world ideas ever to have come down to earth.

Pisces (Feb. 19-March 20): When the Sun goes into Pisces, it's already collected the influence of the rest of the zodiac, and is ready to give us hope that there will be a new beginning. Ruled by the spiritual side of Jupiter, Pisces is a deeply devoted, compassionate and loving sign. In fact, some Pisces people find it hard to discern where they end and the rest of the world begins. Pisces people give us the inspiration we get from art, poetry and music, and they are highly attuned to dreams and other phenomena that come from the psyche. Your Pisces friends give you kindness, generosity and goodness without reservation. They make excellent nurses, teachers and healers, but they must struggle to maintain a firm boundary between fantasy and reality. Sometimes we wish our Pisces friends weren't so scattered or "spaced out", but we really have to allow them to dream. That's how they'll visualize a better world for our future. Pisces is a Water Sign. Water people are highly emotional. They interface with their world with their feelings first, and then they engage their intellect. They have a "sixth sense" that helps them read into people's motivations almost instantly. At times, their dreaminess causes them to get lost in a fantasy world, and they can get disenchanted when they find out that in reality things won't be the way they way they'd like them to be. When their inner vision is used more productively, they are highly creative to the point of being visionary.

Good news

While many people are concerned with the plight of families in developing nations, J. Patrick Manley practices what he preaches. We received his letter this week, and thought it was an excellent example of someone who took his unique abilities and found a way to use them to make a difference in other people's lives. We hope you find his story as inspirational as we do.

Millions of Maya live in Guatemala, at the high elevations of about 7,000-10,000 feet. They use unvented "3 stone fires" located within their dwellings for heat and cooking. Smoke from these open fires causes untold misery for the people who live with them. The smoke permeates all aspects of their lives. The smell of stale smoke saturates their belongings. Their ceilings and walls are black with creosote. Children develop numerous chronic, respiratory illnesses that reduce the quality and years of their lives. Some even suffer disfiguring burns from stumbling into open fires. The danger from the smoke is compounded by the blood's preference for carbon monoxide over oxygen, which to begin with, is in shorter supply at 9,000 feet.

Women, who tend the fire most of the time, breathe so much smoke that some compare to smoking a dozen packs of cigarettes per day! Additionally, working closely over and around the fire exposes their eyes to hot smoke, which is really billions of tiny drops of hot tar. Continued exposure to hot smoke diminishes the eyes ability to see. Many lose their sight around ages 35-40.

Masons on a Mission (MOM) works with a Mayan non-profit health care organization called CEDEC. The primary mission of CEDEC is the health care of the Maya, living in higher elevations. They identify small remote villages where we can go and build estufas for everyone in the village that needs one. CEDEC paves the way for the village to work with us to build new clean burning, efficient, masonry cookstoves called estufas.

February 1, 2003 will mark the beginning of our fourth annual mission to the western highlands of Guatemala to build estufas for some of the poorest people on our continent, the Maya. Joining me this February are a half dozen volunteers, mostly from Maine, but one from Massachusetts. Some are masons who have joined me in the past, and some who have never been to Guatemala before. One thing that we have in common is that we all pay our own way and receive no monetary compensation. Our compensation is in seeing the happy faces of the families as we are

building their new estufas, and knowing the difference that we are making in their lives.

It costs around \$1000 and a few weeks of their time for each volunteer to travel to Guatemala to build estufas. We all feel it is well worth it.

We knew from the start that to begin to make a dent in the problem, we would need to have more help than we could round up in the U.S., and bring down there with us once a year. Since we began we have been hiring, and sometimes training, local Maya masons to build stoves for us. Our crew of Maya masons now build the majority of estufas each year. Since our return home last March, over 400 estufas have been built in half a dozen small villages. Some villages are miles from the nearest road.

Since this project started 3 years ago, we have built over 750 estufas in Guatemala. At an average of 6 people per household this means that about 4,500 people are breathing smoke free air. A longer, healthier life is now possible for these people. This has been accomplished only because of many North Americans who have shared a bit of their own time, or good fortune, to make it happen.

Our goal this season is to build estufa number 1000 in Guatemala, take a short break to celebrate our accomplishment, then start on our second thousand! I hope you will agree that this is a worthwhile project, with clear and immediate results, and that it is worthy of your support.

On a personal note, 5 years ago I had no idea that 3 stone fires even existed, much less that I would be spending a month a year building estufas in Guatemala. It was a chance occurrence that opened this new world to me. A world where I discovered that I had the ability to make a difference to thousands of people less fortunate than myself. This project is a source of incredible satisfaction for me. I invite you to be on the lookout, find your talent, your special ability, and do more to add some much needed good to the world.

For additional information, visit the Masons on a Mission web site at www.midcoast.com/masonsonamission.

Masons on a Mission plan Fourth Trip to Guatemala



(clockwise from top) While this woman's new estufa cures, the traditional 3 stone fire is still in use; J. Patrick Manley building a new estufa; The whole family comes out to pose by their completed estufa.

PHOTOS COURTESY OF J. PATRICK MANLEY



How You Can Help

1) Send a donation.

Any size donation is appreciated. A \$150 donation to MOM will build one Maya family a new estufa. Upon J. Patrick's return, you will receive a photo of the family with the estufa that you helped build. 95 percent of the money donated to MOM goes to the cost of bricks, blocks, cement and other materials, delivery expenses and to pay MOM's crew of Maya masons. The other 5 percent goes to film and developing the pictures of families with their estufas for verification records, as well as photos for persons who donated one or more estufas, and money transfer charges.

2) Attend the benefit.

MOM will be having a benefit Sunday brunch, 11 am on **January 26**, at Fore Street restaurant in Portland, Maine. Fore Street chef, Sam Hayward, will put out a tasty buffet of food cooked in their wood-fired oven and grill. There will be a silent auction that will include,

among other items, nativestone waterstones and sundials, and Guatemalan weavings that purchased from the families that MOM has built stoves for, as well as a short slide presentation and discussion of their last three years of stove building in Guatemala. Donations are \$50 per plate, and reservations can be made by calling Robyn Pettengill at 775-2717. Seating is limited, and reservations are encouraged.

3) Join the team!

Masons and other volunteers (especially spanish speakers) are welcome to apply to join MOM on a mission. Their belief is that once you see the conditions and poverty these people live with every day, after you return to the comfort of your own home and realize the difference that you just made, and could make, that you will be moved to assist them to raise funds so that more estufas can be built.

FMI: (207) 845-2440 or email jpmalley@midcoast.com.

for the record

The Port of Portland is a vibrant growing port with significant container and general cargo, petroleum, commercial fishing, and passenger activities. The following facts highlight the Port's importance.

- Largest New England port based on total output tonnage.
- Largest crude petroleum entry port on East Coast of United States.
- Eight-fold increase in dry cargo volumes between 1982 and 2000
- Container moves in 1999 up 80% since 1991
- Second largest (in ponds landed) and third largest (in value of landings) commercial fishing port in New England
- New England's largest international passenger port
- Ability to accommodate Panamax vessels at all terminals.

Cargo and Passenger (CAP) Study

In 1998, TAMS and Wilbur Smith & Associates completed the Cargo and Passenger (CAP) Study for the City of Portland and Maine DOT. The primary long-term recommendation from this study was to provide capital improvements at the three primary terminal facilities. All passenger cruise and ferry operations would be consolidated at the Maine State Pier and adjacent properties, including relocation of the Prince of Fundy Cruise terminal. The container operations would be expanded at the International Maine Terminal (IMT). Bulk and break-bulk shipping operation at Merrill's Marine Terminal would be expanded with additional storage and berth capacity.

Ocean Gateway Project

To implement recommendations of the CAP study the City of Portland formed a Waterfront Task Force in the Spring of 1998. The Ocean Gateway Project is part of the City of Portland's plan to make the Port more competitive, and increase the capacity and efficiency of its marine operations. In November 1999, Maine voters approved the Transportation Bond Bill, which earmarked \$8.97 Million for the Port of Portland.

Niche Market Study

The Portland Department of Transportation (PDOT) contracted with the Greater Portland Council of Governments (GPCOG) to prepare this report - A Niche Industry Analysis of Comparable East Coast Seaports. The report's analysis focuses on waterborne dry bulk, break-bulk, containerized and petroleum cargo, commercial fishing, international ferry, passenger cruise ship, and intra-harbor ferry operations, with an emphasis on potential growth opportunities for the port of Portland.

Non-Container Cargo Operations

Non-container cargo operations includes bulk, dry bulk and break-bulk cargo, including: Chemicals, Coal, Crude materials, Food and farm products, Primary manufactured goods, Waste and scrap, Machines & equipment, Wood and paper products

Boston was the largest of the nine non-containerized cargo ports studied. Between 1995 and 1998, Boston's annual volumes increased by 900,000 tons or 24% (2). Its 1998 volume of 4.6 million tons of non-containerized cargo placed it slightly ahead of Wilmington, North Carolina, which was second with a volume of 4.5 million tons in 1998.

The Port of Portland handled nearly 500,000 tons of non-containerized cargo in 1998, placing it

eighth on the list in terms of total tonnage. These results are displayed in Table A, and figure A.

Container Cargo Operations

Philadelphia was the largest of the five container ports studied. Its 1999 volume of 1.7 million tons of container cargo placed it approximately 40 percent ahead of Boston, which was the second largest container port with a volume of 1.2 million tons in 1999. Philadelphia was also the fastest growing of the five ports both in terms of absolute and percent volume gains. These totals are displayed in Table B.

Petroleum

Petroleum is the largest of the nine ports profiled. Volumes for Portland and Boston are more than double that of the other ports studied (see Figure B). Portland handles a third more cargo than Boston.

Petroleum volumes at Portland and Boston increased almost three times as much as the next closest port (Albany) in terms of tonnage.

Commercial Fishing

Portland is a significant fishing port with a full line of support services, public and private docking at mooring, and exvessel sales to dealers, processors or the public. In 1999, the value of Portland's fish landings was \$42 Million, making it the third largest commercial fishing port in New England with respect to value of fish landed. At 50.1 million pounds, 1999's landings made Portland the second largest port in New England with respect to total weight of landings. The economic impact of the Port's fishing and processing industries is estimated at \$350 Million annually.

Cruise Ships in Portland

Between 1995 and 2000 cruise ships made between 13 to 45 visits to Portland carrying between 8,000 and 31,000 passengers. Portland expects another 45 visits in 2001, with even more passengers. (See Table C, below). Given the industry trend in cruise ship popularity, total ship visits and passengers will continue to increase. Changes in industry trends include a shift toward larger vessels and the need for cruise lines to seek alternatives to the large regional markets such as the Caribbean. Portland is in a strong position to attract more cruise ships if berthing requirements are met for larger vessels.

REPORT FINDINGS FOR THE PORT OF PORTLAND

Findings for the Port of Portland are as follows:
A. General Port
B. Non-Container Cargo
C. Container Cargo
D. Petroleum Cargo
E. Commercial Fishing Operations
F. Cruise Ship and Passenger Ferry Operations

A. General Port Findings

1. The most significant finding is the tremendous diversity contained in the Port of Portland compared to 11 other Ports. There is a significant mix of petroleum, container cargo, non-container cargo, commercial fishing, international ferry, intra-harbor ferry, and cruise ship operations. This is clearly one of Portland's greatest strengths as a competitive seaport.

2. All of the other ports studied separate passenger and freight operations.

Ever wonder what's in store for Portland's waterfront? Here's the scoop from the Waterfront Economic Development Committee! Niche Industry Analysis Executive Summary

- Advantages gained by the separation of passenger and freight operations
- Develop passenger operations adjacent to the tourist district
- Separate passenger and freight vehicular traffic
- Remove passenger traffic from cargo operations
- Position cruise ships and ferries at the harbor entrance where there is more direct access and more room to maneuver large vessels
- Economies of scale: advantages of using a single passenger facility for port of calls, home port and international ferry operations
- Creation of more land at IMT for cargo expansion (similar to Boston and Albany)
- Expansion of non-container operations
- Expansion of value-added services

3. Most of the ports studied have developed Marine Industrial Districts
- Advantages of clustering industries.
- Protection of the Port's industrial base.
- Several ports have seaport district service roads
- Reduces congestion
- Built to 125,000 lbs. to allow for heavy haul cargo
- Separates truck and car traffic

4. All Ports had direct access to interstate highways.
 - The I-295 connector road to Port is essential highway access to Portland
5. All Ports studied have rail access
 - Rail is critical to the movement of all cargo to points across the country
 - Opportunities for intermodal cargo movements from Halifax, Nova Scotia to Ayer, Massachusetts.
 - Portland could improve marine/rail cargo connections.
 - Albany ships perishable food products on passenger trains. This is an opportunity for Portland once Amtrak service is restored

6. Other Ports encourage growth of compatible marine industries
- Successfully accomplished in Albany, Boston and Wilmington.
- Opportunities by clustering marine businesses, e.g., seafood processing.
- May encourage private sector investment in warehousing (including dry, cold and bonded), which is crucial to marine trade and can also serve multiple industries.

7. Port Master Plans were found in nearly all ports reviewed
- Profiled ports are preparing strategic and development plans. These plans are identifying community waterfront goals and objectives, establishing a waterfront land and water uses plan eliminating use conflicts, identifying a strategy for sustaining maritime industry and available developable land and opportunities for expanding or new maritime industrial development.

8. Many of the ports studied had Cargo-Based Development
- The Ports of Albany, Connecticut, St. John, and Wilmington have all targeted the attraction of cargo-based development as a priority. Examples include coal-fired power plants located near the port requiring large volumes of coal (Fall River), or auto processors located near auto terminal (Boston).

9. Dredging was critical in every port studied
- Every port profiled was involved in continued dredging operations
- MDOT is conducting Dredging Management Action Plan to evaluate dredging needs and disposal options for Maine ports and harbors.

Table A
Annual Non-Containerized Tonnage
(In 000s of short tons)

	1995	1996	1997	1998	Absolute Change 1995-1998	Percent Change 1995-1998
Boston	3,703	4,231	4,378	4,607	904	24%
Wilmington	5,099	4,738	4,785	4,514	-585	-12%
Fall River	2,720	3,059	3,200	3,370	650	24%
New Haven	1,481	1,362	1,634	1,983	502	34%
Bridgeport	1,622	1,780	1,584	1,585	-37	-2%
Albany	1,409	1,255	1,169	1,113	-296	-21%
New London	74	95	156	982	908	1,227%
Portland	519	538	616	483	-36	-7%
New Bedford	222	256	227	228	6	3%

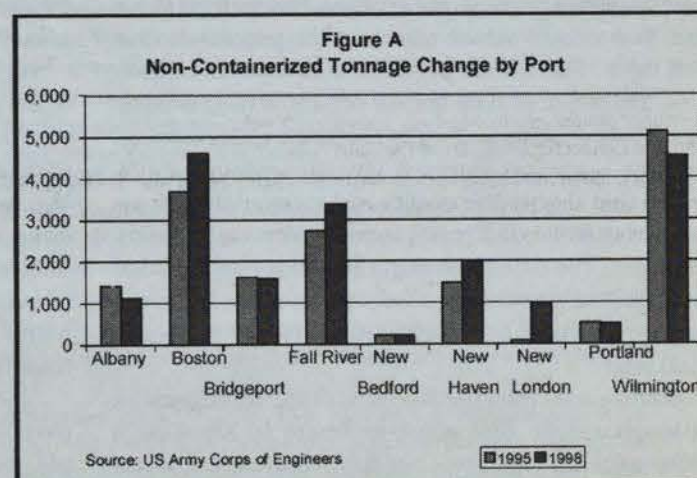


Table B
Annual Container Tonnage
(In 000s of short tons)

	1995	1996	1997	1998	1999	Absolute Change 1995-1999	Percent Change 1995-1999
Philadelphia	1,193	943	1,070	1,945	1,732	538	45%
Boston	1,128	1,036	1,115	1,078	1,162	34	3%
Wilmington	717	722	728	708	654	-63	-9%
Saint John	221	258	306	311	315	94	42%
Portland	50	54	39	31	46	-3	-7%

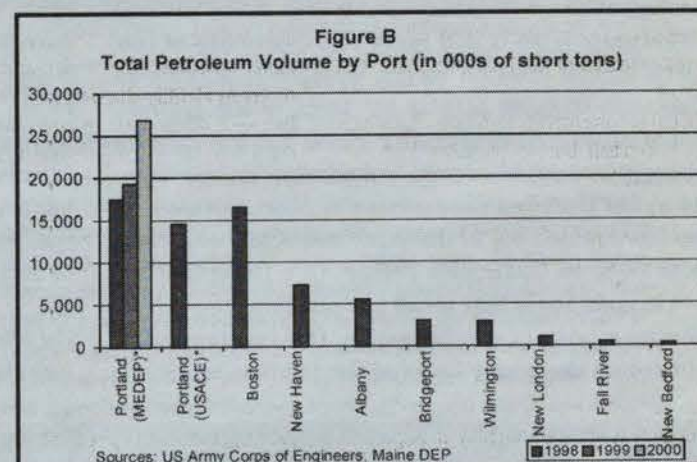


Table C
Port of Portland Cruise Ship Visits and Port of Calls
1995-2000

Ports of Call	Year	Passengers
13	1995	8,100
27	1996	13,500
26	1997	14,040
22	1998	9,270
16	1999	13,660
45	2000	31,000
45	2001	40,000*
Total		129,570

* estimate, PDOT

•Massachusetts has funded and is undertaking a statewide Dredging Master Plan, which includes a generic environmental impact review of the state's submergible lands under the authority of their Executive Office of Environmental Affairs.

10. Foreign or Free Trade Zones were common in most ports profiled
- This enables ports to import duty-free cargo for storage in bonded warehouses before being exported to another country without duties, or value-added services to be performed for import/export cargo.
- Opportunity for Portland

B. Non-Container Cargo Findings

1. The ports profiled are competing for many of the same cargoes.
- Cargoes handled or targeted by three or more ports include: salt, forest products, heavy lift and project, wood pulp, scrap metal, chemicals, steel and cement.
- The competition for the same cargo will likely increase. St. John is taking steps to expand into the New England and Northern New York market. Dominant highly entrepreneurial private terminal operators in St. John and Connecticut are part of the same company, Logistec, and have the potential to work in partnership. Portland should update its market projections in light of these findings.

2. Potential for additional cargo opportunities exist in most ports.
- Automobiles
- Project cargo
- Neo-bulk cargo
- Perishable cargo
- Bulk cargo

3. It is critical to maintain break bulk cargo handling capabilities
- Take advantage of fact that many major ports have eliminated break bulk infrastructure

4. Only a few of the ports profiled handle perishables. These include Bridgeport and New Bedford. Perishable cargo development is directly linked with population density
- Perishables represent a growing market reflecting the new strength of North-South trade resulting from NAFTA. Boston has not identified perishables as a promising cargo either in its 1996 study or its recently completed research of the bulk and break bulk market.
- Except for one private terminal, which handles frozen fish, Boston has no on dock cold storage facilities which are necessary to attract perishables. If it has not done so previously, the Port of Portland should investigate this market and its facilities needs for entry into this market.

5. Partnerships with port customers, terminal operators, carriers rail companies, and manufacturers with a common goal to attract increased cargo can play an important role in creating strategic opportunities, as the Port of S. John has recognized and other ports have experienced as well. The examples below illustrate this.
- The Port of St. John's partnership with a potash company, bringing stability to this sector.
- Port of Albany's alliance with long-time port customer Foster Wheeler Energy Corp, a major power generating equipment manufacturer and APL, one of world's largest container transport companies, making Port a major receiving hub for project cargo/heavy lift shipments to Far East. Goods are to be repackaged onto containers and shipped via rail to Los Angeles for placement on ocean-going vessels. This partnership is seen as a

major step towards the goal of developing the port into intermodal hub. The port made prior \$1m capital investment into an extension of on-dock rail, enabling more efficient movement of power-generating equipment and creating opportunities for other power generating equipment manufacturers.

Partnership with Terminal Operators

- The Port of St. John's partnership with the forest products terminal operator, Fortem, successfully attracting new account with carrier, bringing a new service to Australia and New Zealand. This is believed to create new opportunities for forest product companies.
- The port of New Bedford's partnership with a private terminal operator to facilitate maintenance dredging necessary for deep-water shipping.

Partnership with Carriers

- Port of St. John's partnership with carrier, Wallenius-Wilhelmsen, in bringing new service to new trade area. See partnership with terminal operator above.
- Port of Albany's partnership with carrier, APL - See partnership with port customer above.

Partnerships with Rail Companies

- Port of New London's Partnership with New England Central Railroad, which is said to be committed to increasing rail cargo through the port.

Partnerships with Ports

- Port of Albany's partnership with the Port Authority of NY/NJ on potentially becoming an inland feeder port and on a barge demonstration project that would involve barging cocoa beans to Albany.
- Coordinated marketing of Connecticut's three major ports as Port Connecticut, specializing in niche cargo.

The port should consider what additional partnerships would lead to increasing cargo. Examples for the Port of Portland, if not already occurring, include:
-Carriers. As with the Ports of St. John and Albany, four-way partnerships between the port, port customers, terminal operator, and carriers to identify service to trade area that would open new market or expand existing market.
-Manufacturers. Partnership with port, terminal operator, rail, carrier, and manufacturers to identify shipping service competitive with other ports in cost-effectiveness, reliability, speed, and delivery of damage-free product. Such partnerships with manufacturers can enhance potential partnerships with carriers in opening new trade areas, per the above bullet, and consistent with the example of the Port of St. John partnership established with the Maine manufacturer Great Northern Paper.
-Ports. Partnerships with the other ports of Maine on a coordinated marketing program, strategic planning, and in other possible areas.

6. Ports are focused on increasing productivity and efficiency of terminal operations at the ports profiled.

Industry trends are leading to the achievement of key objectives, including cost competitive, reliable, speedy, on-time delivery of damage-free product; one-stop shopping for services; and value-added processing. These industry trends are:
-Focus on Specialization in vessels, terminals, and cargo handling. Private sector operators are adapting their terminal and handling techniques in response to this industry focus on specialization. Dry bulk cargo is increasingly handled by private firms special-

izing in dry bulk commodities, as the Port of Boston recognized. Through such specialization, terminal operators are maximizing economies of scale and offering competitive quality cargo handling. At the port of St. John, there are private terminal operators specializing in forest product, autos, and containers. A single private terminal operator handles Gboston's leading dry bulk commodity, scrap metal. Maritime International, in the Port of New Bedford specializes in perishables. Logistec, in the Port of Bridgeport, CT specializes in bananas and other tropical fruit, and its cargo volumes consistently place the port among the top 10 in the country for banana imports. Efficiency is gained through new terminal layouts and port handling equipment, specialized warehousing, and logistics.

-Focus on Logistics - State-of-the-art inventory systems including bar-coding and integrated information systems are critical to increased efficiency and provide a competitive edge. They are available or have been recommended in some of the ports profiled. As the above demonstrates, Logistec, with a presence in all Connecticut ports and a dominant position in the Port of St. John, emphasizes this service in its advertising. The Port of Albany is recommending this service in its Port 2000 Plan.

-Simultaneous loading/unloading different types of cargo. With specialization in terminals is producing multiple berthing stops at the same port, increasing berthing time, new layouts are being developed to address this problem. An example is in the Port of St. John, where container and break bulk cargo can be simultaneously loaded on the same vessel.

-Warehousing. There are a number of ports that have new warehousing capacity in the Seaport Districts. Boston has just built a multi-million dollar warehouse complex. Most seaports have warehousing, offering a range of value-added services in the same districts as marine terminals.

- Project Cargo is successfully handled in Albany, St. John, Wilmington
- 1. Opportunity for heavy lift operations with new crane in Portland
- 2. Project cargo development may require improved infrastructure at the IMT due to the heavy nature of the cargo
- 3. Opportunity to upgrade Portland's RO-RO Ramp at the IMT (RO-RO) ramps have distinct advantages in port cargo operations as they make efficient use of space: ships may berth bow or stern to the wharf).
- 4. Merrill Marine has successfully demonstrated capabilities for handling project cargo in the form of inbound generators, paper machines for the forest products industry, and outbound manufactured paper drying machinery, if on a somewhat infrequent basis.

C. Container Cargo Findings

1. The Port should consider what additional partnerships would lead to increasing cargo. Examples for the Port of Portland, if not already occurring, include:
-Carriers. As with the Ports of St. John and Albany, four-way partnerships between the port, port customers, terminal operator, and carriers to identify service to trade area that would open new market or expand existing market.

-Manufacturers. Partnership with port, terminal operator, rail, carrier, and manufacturers to identify shipping service competitive with other ports in cost-effectiveness, reliability, speed, and delivery of damage-free product. Such partnerships with manufacturers can enhance potential partnerships with carriers in opening new trade areas, and consistent with the example of the Port of St.

John partnership established with the Maine manufacturer Great Northern Paper.
-Ports. Partnerships with the other ports of Maine on a coordinated marketing program, strategic planning, and in other possible areas.

2. Portland is one of the closest US Ports to European Markets.
- Imported European fish for processing and distribution.

-Potential for partnerships which support the seaport's processing industry including exported fish to Europe, e.g., frozen and processed fish
-Potential for new international trade initiatives that support expansion of containerized ocean freight.

3. Most seaports have privatized terminal operations
- Most ports have privatized stevedore services to independent terminal operators. Only Boston continues to operate its own container facilities.
- Advantages of privatizing terminal operating:
-Remove public sector from stevedore businesses
- Reduced financial burden to public ports through terminal lease arrangements
- Open up competitive opportunities

4. Most seaports with container operations have multiple carriers
- Disadvantage to relying on one carrier if commitment to the port should change
- Multiple carriers give a port more an opportunity to service regional shipments

5. Most seaports have intermodal rail connections and opportunities
- Improve marine/rail cargo connections
- Restore Portland's intermodal yard for cargo, passenger and Amtrak express cargo facility.
- Explore intermodal cargo movements from the Port of Halifax, Nova Scotia to Ayer, Massachusetts via the feeder service.
- Move containers from other parts of New England

D. Petroleum Findings

1. Portland is the largest of the nine ports profiled. Volumes for Portland and Boston are more than double that of the other ports studied. Portland handles a third more cargo than Boston.
2. Due to increase in petroleum vessels visiting the Port, new business opportunities can be developed.
- Expanded bunkering services
- Expanded engineering services
- Expanded ship service business
- Expanded vessel safety services
- Expanded ship husbanding business

3. Continue with efforts to dredge the harbor to accommodate petroleum (and other) vessels.

4. Due to the nature of the Northeast, oil industry should not eliminate its capacity but take steps to protect existing facilities. A number of ports have closed terminals, reducing storage capability and length of available daily reserves.

E. Commercial Fishing Findings

1. Several ports have dedicated commercial fishing operations districts.

2. All ports profiled are seeking ways to maximize values of forecasted increases in fish landings, including the following:
-Opportunities for new fisheries product

processors.
-Development of value-added products for export markets.
-Nice market development of fishery byproducts.
-Potential for contract processing.

3. Ports are encouraging compatible marine industries that support commercial fishing industry.

4. Other ports are encouraging private investment in warehousing facilities, particularly cold storage. Opportunities exist in Portland for freezer storage for seafood.

5. Port profiles revealed a consistent need to maintain port identity as an important fishing port. Portland has a long-standing maritime and commercial fishing history.

6. The fishing industry is getting sounder and stronger.
- Fish stocks are rebounding dramatically
- Some ports may face an oversupply of fish
- Ports need to open new fish markets
- Ports need to find new and expanded methods of handling fish

F. Cruise Ship and Ferry Operation Findings

All three of the ports studied that have significant cruise ship operations - Boston, Portland, and St. John - are making concerted efforts to increase their competitiveness in the industry, and share several common strategies to this end.

1. Dedicated Cruise Ship and Ferry Terminal makes sense from an economic and operational standpoint.
- Boston's Black Falcon Cruise Terminal is a dedicated terminal.
- Portland will have a dedicated terminal complex upon completion of the Ocean Gateway Project.
- St. John has a terminal dedicated to its cruise ship and ferry operations. This terminal is located at the Port's entrance making it possible to segregate the Port's passenger and cargo operations.

2. Marketing and Public Relations efforts are critical in a very competitive market.
- Portland and St. John both have a committee that is actively involved in meeting passengers, ensuring their comfort, and adding a personalized touch to their visit.
- Most Canadian ports, Boston and Bar Harbor are actively involved in marketing themselves to cruise lines.
- Home Port opportunities for cruise ships is a major new potential area for growth.
- Developing good transportation infrastructure and airport connections are key to development of new homeport trade.
- Economic impact from home port operations is more significant than port of calls
- Ships will procure supplies more often
- More labor is required for passenger servicing (i.e. baggage, ticketing, and vessel support)

- Significant benefit to airport and other public transportation systems
- Boston has had significant growth in home-port operations because of congestion in New York. Boston's potential congestion can create opportunities for Portland.
- Year 2001 project cruise ship arrivals are detailed below:

-Bar Harbor	51
-Boston	102
-Portland	45
-St. John	54

from where I sit

by Roy Allen

Democratization of Capital/ Socialization of Risk

Wall Street (home of the stock market) and our nation's academia have worked hard together to develop ways for money to be managed from a risk perspective and millions of people have benefited greatly. Over the last twenty-five years, access to capital has filtered down to the even the lowest socio-economic levels. For many lower & middle class Americans, borrowing money today is easier than ever.

However, small and large investors have also lost billions of dollars in personal and retirement savings when these new ideas go awry. Risk taking is inseparable from investing or lending money. Speculation is by its very nature...speculative...or risky. There is no way to eliminate risk completely, but it can be managed depending on the motivation of the participants. Socializing the risk, sometimes known in lending circles as syndication, is a great way to manage large business development ideas. Insurance policies can reduce investor exposure and participating in the business of the person getting the loan can further reduce risk.

Of primary concern is how often risk is errantly increased because of sloppy or misguided lending and investment practices. Often banks will tell borrowers that they are in the money not the real estate business, but will promptly take your property if you don't pay your loan on time. Then they will auction the property for much less than it's real worth to take whatever cash they can recover and then move on to the next lending deal even if it means loaning more money to someone else on the same property. Is selling assets for less than they are really worth being a good steward of our nation's capital? Perhaps not.

Furthermore, private investors have always been ready to move onto the next "get rich-big money" deal when the financial wheeler-dealers show up on their doorsteps or in today's world—send them an email. In the last year over \$10 billion dollars has been invested and lost in just two companies—Enron & Worldcom and there are many other names available for those interested in doing a little research. What might happen to this capital if it was managed better? Who might have benefited?

In a nation where over a trillion dollars has been invested in Wall Street just in the last year and many more billions are racked up on credit cards for the plethora of consumer wants, the small business community is constantly left wanting. Training money is scarce. Banks lend all of the time without checking whether the borrower has the business acumen to be successful. Vendors lend

money on inventories without participation in the financial practices of the small business customer. Most small businesses do not have proper succession plans in place in the event of death or sale of the business. And, finally, the workers of this country often labor in companies for years without much to show for their efforts. Yes, they get shelter and sustenance benefits paid from their weekly checks. But what about financial security for their own retirement?

In academic circles, there is a concept called game theory that may bring much light on this subject. In it, is an element called the law of reciprocity...not too much different than the ancient Hanurabi Law...."an eye for an eye". In a nutshell, it says that whatever you want must be equally associated with the amount of your effort. If you seek great fortune, you must take great risk. If you want a great job, you must do great work. If you want great employees, you must have a great employee retention program. If you do not want to suffer financial ruin, you must be a good steward of your finances. If you want prosperous people in your own community, you must participate in making them prosperous; the list goes on. No activity stands alone. Each is directly affected by the motivation of the players of the game.

Perhaps focused reciprocity programs, based on proven performance quotients of people and ideas, could help change some of these social capital issues. The money and talent is already available. Its just needs to be stitched together and managed with a motivation of long-term stability instead of short term profits. There are billions of dollars languishing in 401-k's and IRAs that are invested in paper deals like Enron and others. And there are billions more in philanthropic funds looking for ways to improve society if the ideas are sound. Last, but not least, there is a rich deposit of human talent that is not properly mined through training and personal development - employees of small companies. What might happen if these worlds were brought together in a common purpose like sustaining the backbone of our country's primary goods and service providers—the small business community?

From Where I Sit is a regularly appearing column intended to represent the diverse voices and experiences within our community. If you would like to comment on these thoughts, or have thoughts on any other topic, drop us a line at cbpub@maine.rr.com or mail it to From Where I Sit, Publisher, CBW, 11 Forest Avenue, Portland, Maine 04101.

34 Casco Bay Weekly

paw print

by Sheri Huttner

My Dog Has Halitosis!

Ahhh, there's nothing like sweet little puppy kisses being planted all over your face. But, is Poochie's breath bad enough to knock you out?

The care of your dog's teeth should begin the day you get him, not when problems develop. Certain breeds, particularly the smaller ones, are prone to dental problems, so extra preventative care should be taken.

Giving your puppy hard biscuits such as MilkBone is a good start. Many companies make similar biscuits, so your dog can have a nice variety. Hard chew toys are great, too. The important thing is to get the dog into the habit of chewing hard and crunchy things which will act as a "toothbrush" to keep the teeth strong and free of tartar.

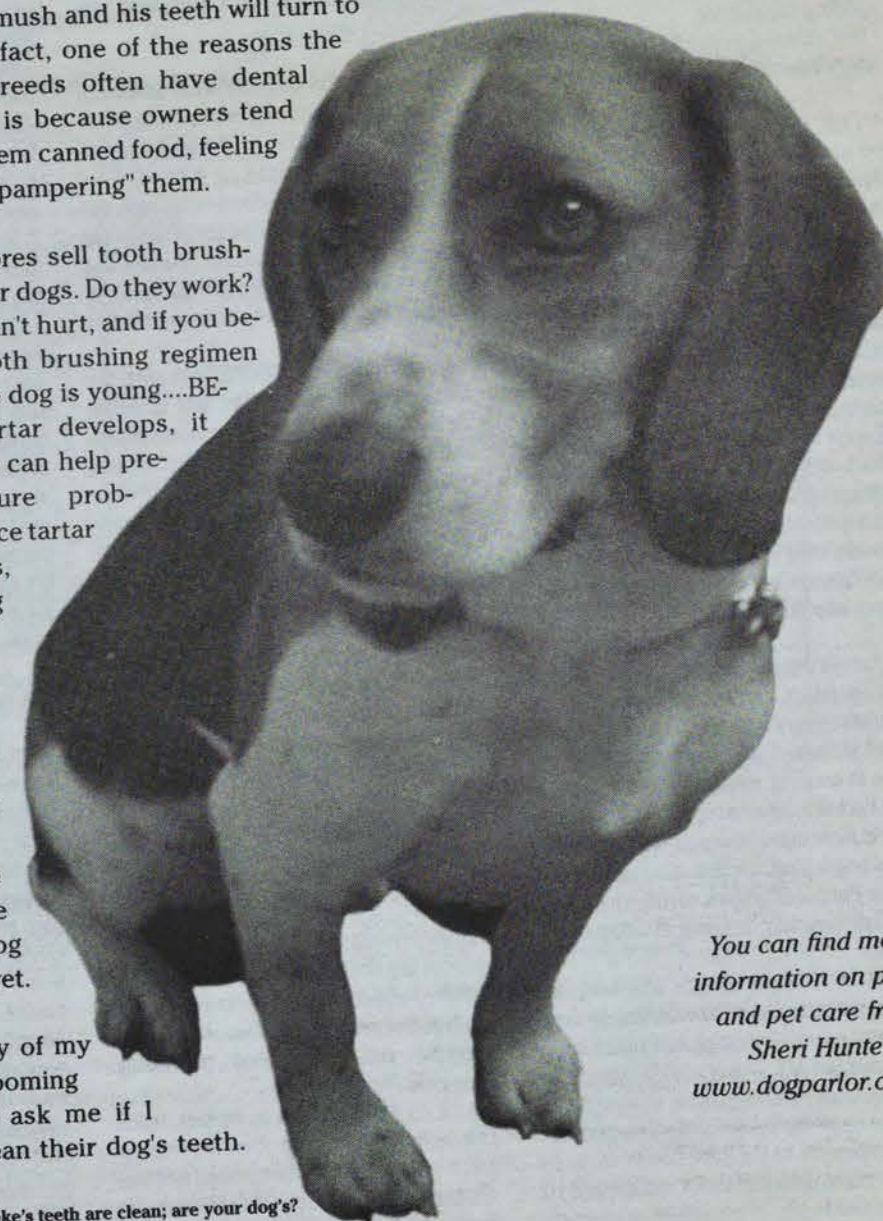
The food you feed your dog can play an important part in your dog's dental health, as well. I have always fed my dogs dry food with an occasional can of food as a treat. Never mix dry and canned food, as that defeats the purpose by turning the dry food soft. My motto: 'Feed your dog mush and his teeth will turn to mush.' In fact, one of the reasons the smaller breeds often have dental problems is because owners tend to feed them canned food, feeling they are "pampering" them.

Pet stores sell tooth brushing kits for dogs. Do they work? Well, it can't hurt, and if you begin a tooth brushing regimen when the dog is young...BEFORE tartar develops, it certainly can help prevent future problems. Once tartar develops, brushing won't have much of an effect. At that point, it's time to take the dog to the vet.

Many of my dog-grooming clients ask me if I can clean their dog's teeth.

Teeth cleaning requires that the dog be heavily sedated. It also requires special tools, the same as your own dentist would use, and only a veterinarian has the expertise to do this. When you bring your dog to the vet for his regular visits, he should always examine the dog's teeth and gums. In between visits, you should periodically check the dog's mouth for signs of tartar and anything irregular. The first thing most people usually notice is bad doggie breath. By then, the tartar is often at an advanced stage, sometimes so bad that teeth must be extracted.

When looking in your dog's mouth, look for green and/or brown stains, or a crust-like matter on the teeth. If you see visible signs of tartar, swelling or discoloration of the gums, or anything that doesn't look quite right, make an appointment with your vet. Poor dental hygiene can lead to infection and other more serious health problems for your pets.



You can find more information on pets and pet care from Sheri Hunter at www.dogartor.com

Jake's teeth are clean; are your dog's?

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ASSISTANT SECURITY DIRECTOR

Transportation - Waterfront Division - full-time - schedule is Mon.-Fri., 8:00 a.m.-4:00 p.m. - This is a challenging position in the waterfront office of the City's Department of Transportation assisting the Director of Security in managing terminal security at the Portland Fish Pier, the International Marine Terminal and the Portland Ocean Terminal in compliance with Federal, State and local regulations. Acts as a liaison with the Portland Police Department and contract security personnel under the direction of the Security Director. Assists with training of security personnel; ensures that City of Portland parking regulations are enforced at waterfront facilities. Assists the Security Director with ensuring that sufficient security personnel are available for cruise ship operations and other special events. Requirements: Good customer service and conflict resolution skills, computer skills, prior experience in the field of security, valid Maine Class C driver's license and ability to pass a background investigation. \$459 - \$478/wk.

ENGINEERING TECHNICIAN

Public Works - project position - 2 years maximum - Seeking a person with experience in or knowledge of wastewater collection systems, operating a sewer TV system, wastewater sampling and flow monitoring techniques, training in and knowledge of the principles of confined space entry, knowledge of the hazards of sewer maintenance work and applicable safety standards, working in a team environment and assisting the environmental engineering section. During Winter Operations (Nov.-Apr) this position is subject to a rotational on-call schedule. Ability to read and understand Engineering plans and operate a personal computer preferred. \$480 - \$500/wk. Accepting applications for the above positions from Tuesday, January 21 through Wednesday, January 29, 2003.

INFORMATION & SCHEDULING COORDINATOR

Public Assembly Facilities Division - Looking to fill this newly created position for our facilities (Merrill Auditorium, the Portland Exposition Building, Hadlock Field and Fitzpatrick Stadium). This position is responsible for the scheduling of custodial staff, the scheduling of municipal use of the facilities, and the coordinating of event information. The desired candidate will be self-motivated and highly organized with a broad variety of computer skills. Excellent customer service skills a must. This position requires a flexible schedule in a high energy, fast-paced environment. \$540 - \$573/wk. Accepting applications for this position from Tuesday, January 21 through Friday, January 31, 2003.

CROSSING GUIDES

DO SOMETHING GOOD FOR THE COMMUNITY AND GET PAID! - Parking Division - 2002-2003 school year - 10-12 hours per week - Crossing Guides are needed for the following locations: Congress & Bramhall, Falmouth & Brighton, Pleasant and Leland, Congress and North. Applicants must enjoy and interact well with children, be able to work outdoors in all types of weather, must be 18 years of age or older and must successfully pass a criminal conviction background check. \$8.00 per hour. Accepting applications for this position until all vacancies are filled.

RECREATION PROGRAMMER POSITIONS

PARKS AND RECREATION DEPARTMENT RECREATION PROGRAMMER I Before and After School Program - program runs through June 13th - 15 hrs. per week - schedule is Mon.-Fri., 3:00-5:30 p.m. - Must have experience working with children and knowledge of various sports/leisure activities for youngsters. \$10.04 - \$10.47/hr.

RECREATION PROGRAMMER II Before and After School Program - program runs through June 13th - 22.5 hrs. per week -

schedule is Mon.-Fri. - 7:00-8:30 a.m. and 3:00-5:30 p.m. - Must have experience working with children, knowledge of various sports and leisure activities for youngsters and experience planning recreational activities for young people. Supervisory experience preferred. \$11.85 - \$12.34/hr.

PHYSICIAN

Health and Human Services - Public Health Division - Health Care for the Homeless Program - part-time - 20 hrs/wk - Seeking a physician to provide medical services to homeless individuals as part of a supportive multidisciplinary team. Clinic services are offered at locations where people go to meet their basic needs, and place strong emphasis on holistic health management with goal of improving health, stability, and functionality of consumers. The physician shall be licensed/ board certified in a Primary Care Specialty, and hospital privileges are desirable. Experience working with individuals who have mental illness and chemical dependency issues is also highly desirable. Inquiries may be directed to Nathan Nickerson, Director, Public Health Division, HHS (874-8449) or John Schreck, Health and Human Services Department (756-8053). Will accept applications/resumes for this position until filled.

All permanent, full-time employees receive a generous benefits package which includes: 12 paid holidays; paid employee health insurance; sick and vacation leave; pension options; optional dental, life and income protection insurance; and tuition reduction/scholarship programs with Andover College, St. Joseph's College and USM. Part-time employees may be eligible for a pro-rated benefits package which may include some, but not all, of the benefits listed above. The City of Portland is strongly committed to diversity in its work force. Women and Minorities encouraged to apply. We are an Affirmative Action/Equal Employment Opportunity employer. Apply at/send cover letter and resume to the Human Resources Office, Room 115, City Hall, 389 Congress Street, Portland, Maine, 04101, telephone (207) 874-8624 fax (207) 874-8937, TTY (207) 874-8936, or e-mail us at jobs@ci.portland.me.us.

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EOE

A big part of the way life should be is sharing time with others. Kids discussing what's up at school with their parents, coworkers sharing a joke, chatting with a stranger in the checkout line — that's building community, one moment at a time. Towards that end, we're devoting two pages every issue to humor & puzzlers for all ages. We hope you'll share them with whoever's sitting across from you as you read this — whether it's your son or daughter or the guy at the bus stop.

Q U A T R E A D N Z
C C O A T R O I U D
T R O I S S I X E O
C R S E P T E T V S
I C O S E I S R E O
N I C L T N I E N D
C N H U N O E S E E
O Q O H U I T P U U
D I E Z U N E Z F X

This week, CBW is proud to share a puzzler from Marilyn Zacek's 1st grade class at Lyman Elementary in Lyman, ME.

To everyone in Ms. Zacek's class: Circle the French Numbers in red. All the numbers read across or down.

WORDS TO LOOK FOR:

1-un	6-six
2-deux	7-sept
3-trois	8-huit
4-quatre	9-neuf
5-cinq	10-dix

crossword

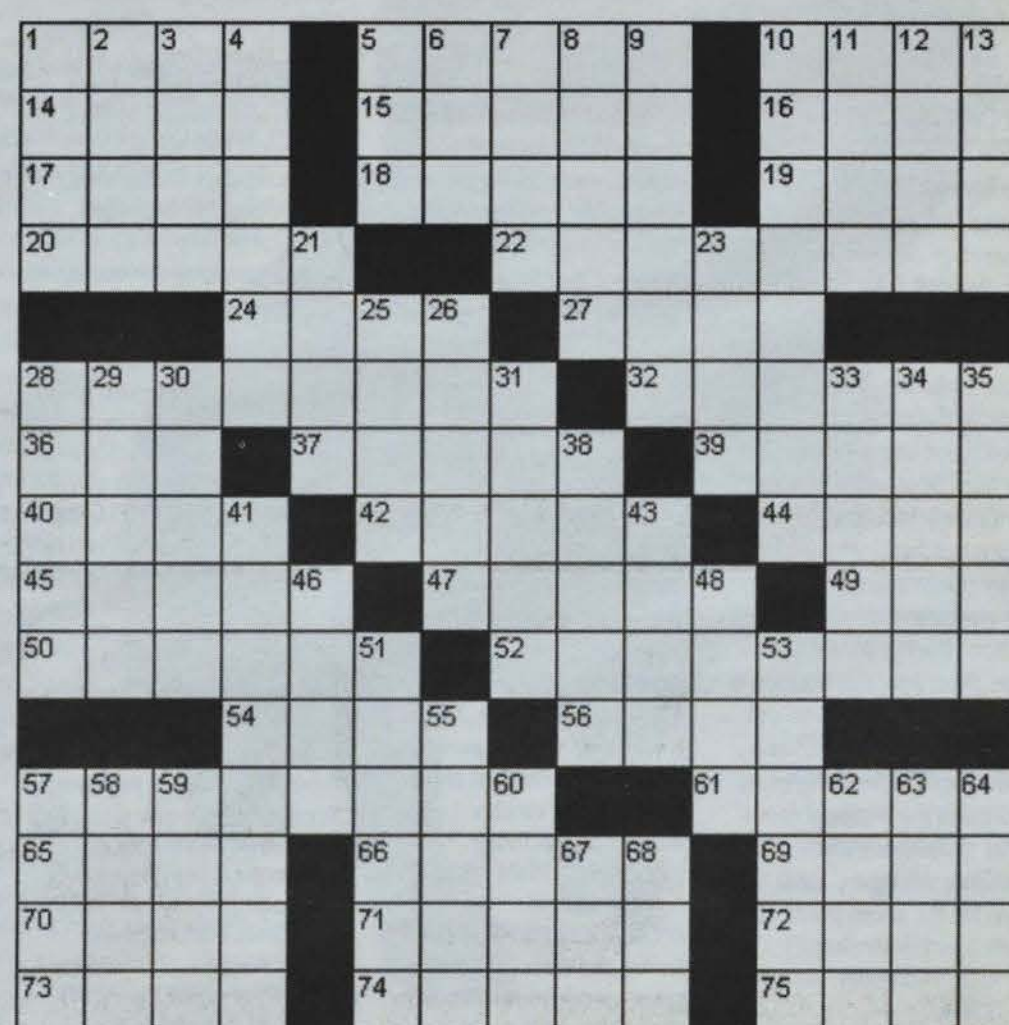
ACROSS

1 Prepare food
5 Longest river in Europe
10 In bed
14 Showing unusual talent
15 German submarine
16 Short letter
17 Duncie
18 Gadget
19 First-class
20 Overjoy
22 Golf hazard
24 Put down
27 Yes
28 Discovered
32 Yellowish brown pigment
36 Very skilled person
37 Serf
39 Sully
40 Dressed
42 Craze
44 Highly excited
45 Seraglio
47 Warble
49 Large flightless bird
50 Abnormal
52 Rarity
54 Continuous dull pain

DOWN

56 Lake
57 Augment
61 Reddish dye
65 Outer garment
66 Cranium
69 Wife of a rajah
70 Verge
71 Curt
72 Gravitate
73 Feat
74 Become eroded
75 Otherwise
1 Juniper
2 Ancient Greek coin
3 Earthen pot
4 Pot
5 Small cavity in a rock
6 Japanese sash
7 Something that is lost
8 Dry red wine
9 Makes amends
10 Excretion
11 Rude person
12 Sicilian volcano
13 Low in pitch
21 Apiece
23 Raised platform
25 Separate article
26 Postpone

28 Russian country
house
29 Showy actions
30 Tearful
31 Giver
33 Desert region in S Israel
34 Mother-in-law of Ruth
35 Watchful guardian
38 Subject to tides
41 Gone
43 Air (prefix)
46 House rodents
48 Ornamental fabric
51 Virginal
53 On horseback
55 Gravel ridge
57 Chilled
58 Protuberance
59 Prison
60 Wallaroo
62 Travel on water
63 Taverns
64 Greek goddess of victory
67 Hallucinatory drug
68 Shelter



Funny bone

Jokes & Riddles

- 1.) I don't have lungs or a chest but I need air; I am not alive, but I grow; I don't have a mouth and I'm allergic to water. What am I?
 - 2.) Who earns a living driving their customers away?
 - 3.) What did the zen-master say to the New York City hotdog vendor?
 - 4.) What is too much for one, just right for two, but nothing for three?
 - 5.) What goes all over the house but never moves?
 - 6.) What do you take before every meal?
- Bird Brains**
7.) Why are seagulls called seagulls?

Fish Tales

One day 3 men caught a mermaid. The mermaid said I will give you one wish each if you let me go. The first man said I want to be 40% smarter. So she made him 40% smarter. The second man said I want to be 60% smarter. So she made him 60% smarter. The third man said I want to be 100% smarter. She said to him, "Are you sure your want to be 100% because you might feel a little bit different." He replied, "I don't care." So she turned him into a woman!

Dog Days

A burglar is breaking into a home and as he comes into the living room he hears, "God is watching you." Upon hearing this, he looks around the room and sees a parrot in the corner and says, "What is your name?" The bird replies, "Moses." The burglar laughs and says "What kind of idiot names their parrot Moses?!" And the bird replies, "The same idiot who named his Rottweiler God."

Kid's korner

By Ben Allen

H!! This area is called the Kids Korner! Each issue, I (or another kid) will give our opinion about a currently hot toy! For this week's article, I decided to write about a toy that has been around a while - Legos.

But not just any Legos, I'm talking about the Bionicle Lego sets. This name rings a bell in a lot of kid's minds. There are so many different names connected with Bionicle (ex: Toa, Turaga, Matorian, Rahi, Makuta, Bohrok). Bionicle started as Lego sets, then became a comic series, a board game, trading cards, pens, and (of course) PC and video games (soon to come, Bionicle the movie: The Mask of Light!!!).

In other words, it became a phenomenon! Bionicle involves a storyline that is

complex only for adults. Kids will pick it up in an instant.

There are the good guys: Toa, Turaga, Matorian, and the bad guys: Makuta, Rahi, Bohrok, Bahrag, and so on. The Toa are: Tahu (Ta-hu), Gali (Gah-lee), Kopaka (Kopa-ka), Pohatu (Po-ha-too), Onua (O-nu-a), and Lewa (Le-wuh). I would recommend if you decide to purchase one, that you buy one of the regular Toa instead of a Toa Nuva (Regular Toa are in a gray cylinder) because they include a mini-cd-rom telling about the story of the Toa, the Kahnoi masks, and the Toa's weapons. The Toa cost between \$8.99 and \$9.99, and are for ages 7+.

I give the Bionicle Lego series five out of five stars, but that's my opinion. Buy one and decide for yourself!

Answers

- 1.) Fire.
2.) A taxi driver.
3.) Make me one with everything.
4.) A secret.
5.) The roof.
6.) A "seal".
7.) Because if they flew over the bay, they'd be called bagels!

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"As far as we can discern, the universe is a very SILLY place." A. Einstein

Welcome to America

Continued from cover story page 15

There are many issues facing new citizens and they have a lot to learn. Then, they have to take a variety of tests asking questions about their new country. The following ones are actual samples taken off the United States government naturalization website. Take this test with your family and friends. How many do you know today?

Sample Civics Questions

- 1.) What are the colors of our flag?
- 2.) What do the stars on our flag mean?
- 3.) How many stars are there on our flag?
- 4.) What color are the stars on our flag?
- 5.) How many stripes are there on the flag?
- 6.) What do the stripes on the flag represent?
- 7.) What colors are the strips on the flag?
- 8.) How many states are there in the Union (the United States)?
- 9.) What do we celebrate on the 4th of July?
- 10.) Independence Day celebrates independence from whom?
- 11.) What country did we fight during the Revolutionary War?
- 12.) Who was the first president of the United States?
- 13.) Who is the President of the United States today?
- 14.) Who is the Vice President of the United States today?
- 15.) Who elects the President of the United States?
- 16.) Who becomes our President if the President dies?
- 17.) What is the Constitution?
- 18.) What do we call changes to the Constitution?
- 19.) How many changes, or amendments, are there to the Constitution?
- 20.) What are the three branches of our Government?
- 21.) What is the legislative branch of our Government?
- 22.) What makes up Congress?
- 23.) Who makes the Federal laws in the United States?
- 24.) Who elects Congress?
- 25.) How many Senators are there in Congress?
- 26.) For how long do we elect each Senator?
- 27.) Name the two senators from your state.
- 28.) How many voting members are in the House of Representatives?
- 29.) For how long do we elect each member of the House of Representatives?
- 30.) Who is the head of the Executive Branch of the US Government?
- 31.) For how long is the President elected?
- 32.) Name the highest part of the Judiciary Branch of our Government.
- 33.) What are the duties of the Supreme Court?
- 34.) What is the supreme law of the United States?
- 35.) What is the Bill of Rights?
- 36.) What is the capital of the state you live in?
- 37.) Who is the current governor of the state you live in?
- 38.) Who becomes President if both the President and the Vice President die?
- 39.) Who is the Chief Justice of the Supreme Court?
- 40.) What were the 13 original states?
- 41.) Who said, "Give me liberty or give me death?"
- 42.) Name some countries that were our enemies during World War II?
- 43.) What was the 49th state added to our Union (the United States)?
- 44.) How many full terms can a President serve?
- 45.) Who was Martin Luther King, Jr.?
- 46.) What are some of the requirements to be eligible to become President?
- 47.) Why are there 100 senators in the United States Senate?
- 48.) Who nominates judges for the Supreme Court?
- 49.) How many Supreme Court justices are there?
- 50.) Why did the Pilgrims come to America?
- 51.) What is the head executive of a state government called?
- 52.) What is the head executive of a city government called?
- 53.) What holiday was celebrated for the first time by American colonists?
- 54.) Who was the main writer of the Declaration of Independence?
- 55.) When was the Declaration of Independence adopted?
- 56.) What are some of the basic beliefs of the Declaration of Independence?
- 57.) What is the national anthem of the United States?
- 58.) Who wrote The Star-Spangled Banner?
- 59.) What is the minimum voting age in the United States?
- 60.) Who signs bills into law?
- 61.) What is the highest court in the United States?
- 62.) Who was President during the Civil War?
- 63.) What did the Emancipation Proclamation do?
- 64.) What special group advises the President?
- 65.) Which President is called the "Father of our Country?"
- 66.) Which President was the first Commander-in-Chief of the US Army and Navy?
- 67.) What was the 50th state added to our Union (the United States)?
- 68.) Who helped the Pilgrims in America?
- 69.) What is the name of the ship that brought the Pilgrims to America?
- 70.) What were the 13 original states of the United States called before they were states?
- 71.) What group has the power to declare war?
- 72.) Name the amendments that guarantee or address voting rights.
- 73.) In what year was the Constitution written?
- 74.) What are the first 10 amendments to the Constitution called?
- 75.) Whose rights are guaranteed by the Constitution and the Bill of Rights?
- 76.) What is the introduction to the Constitution called?
- 77.) Who meets in the US Capitol building?
- 78.) What is the name of the President's official home?
- 79.) Where is the White House located?

Answers

- 1.) Red, white, and blue
- 2.) One for each state
- 3.) 50
- 4.) White
- 5.) 13
- 6.) The first 13 states
- 7.) Red and white
- 8.) 50
- 9.) Independence Day
- 10.) England
- 11.) George Washington
- 12.) Dick Cheney
- 13.) The Electoral College
- 14.) The Vice President
- 15.) The supreme law of the land
- 16.) Amendments
- 17.) 27
- 18.) Executive, Judicial, and Legislative
- 19.) Congress
- 20.) The Senate and the House of Representatives
- 21.) Citizens of the United States
- 22.) 6 years
- 23.) 2 years
- 24.) 45
- 25.) 2 years
- 26.) 4 years
- 27.) The President
- 28.) The Supreme Court
- 29.) To interpret and explain the laws
- 30.) The first 10 amendments to the Constitution
- 31.) August
- 32.) John Adams
- 33.) Speaker of the House
- 34.) William Rehnquist
- 35.) Virginia, Massachusetts, Maryland, Rhode Island, Connecticut, New Hampshire, New Jersey, South Carolina, New York, New Jersey, Pennsylvania, Delaware, and Georgia
- 36.) Patrick Henry
- 37.) George Washington
- 38.) The Cabinet
- 39.) It freed the slaves
- 40.) Abraham Lincoln
- 41.) The Supreme Court
- 42.) The President
- 43.) Francis Scott Key
- 44.) The Star-Spangled Banner
- 45.) 18
- 46.) 21
- 47.) The President
- 48.) To gain religious freedom
- 49.) Governor
- 50.) Mayor
- 51.) Thomas Jefferson
- 52.) July 4, 1776
- 53.) That all men are created equal and have the right to life, liberty, and the pursuit of happiness
- 54.) The Star-Spangled Banner
- 55.) 35 years old and have lived in the United States for at least 14 years
- 56.) Each state elects two
- 57.) 48
- 58.) The President
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Contests



1.23.03 PHOTO CONTEST WINNER — TANA MANCHESTER

Tana lives in Windham, ME.



If you love to take pictures, send them along with your name, address, telephone number and a simple letter authorizing CBW to publish your submission. Each week, our staff will pick their favorite and we will publish it in our paper with your name attached as the shutterbug! You'll also receive a prize for your efforts. Send your submission to Roseann Mango-Morgenson, Director of Operations, Casco Bay Weekly, 11 Forest Avenue, Portland, ME 04101 (please include a SASE if you want your photos returned) or email Roseann at cbw@maine.rr.com.

1.23.03 WRITING CONTEST WINNER — CARL LITTLE

Carl is the author of "The Art of Maine in Winter" (Down East Books) and live in Somesville, ME on Mount Desert Island.

Vertigo of Tall Trees

Towering white pine in the yard
Wind tousling its upper boughs
tossing lumps of snow like grenades
onto parked cars and their drivers
leaning in the wind, looking
as if it were afraid of heights.

Balkanization in Somes Harbor

Ice breaks into continents
illustrating plate tectonics
floes breaking into countries
which split in turn like the Balkans
here Serbia, there Bosnia
but wind- , not war-torn.

If you love writing, simply send your article, story, poem or whatever along with your name, address, telephone number and a simple letter authorizing CBW to publish your submission. Each week, our staff will pick their favorite and we will publish it in our paper with your name attached as the author! You'll also receive a prize for your efforts. Send your submission to Roseann Mango-Morgenson, Director of Operations, Casco Bay Weekly, 11 Forest Avenue, Portland, ME 04101 or email Roseann at cbw@maine.rr.com.



Relax &
Snack at
Molly's
Happy
Hour!



Monday
through
Saturday
4-6pm



Half Price
Appetizers
(Bar Patrons Only)



MOLLY'S

Steakhouse & Pub



just got better...

A New Menu Offering Old Favorites
& Soon-to-be-Famous Selections:

Appetizers

Jumbo Shrimp Cocktail...six juicy large shrimp served with a zesty cocktail dipping sauce

Artichoke Crab Dip...our most popular appetizer served piping hot with french bread toast

Maine Stuffed Potato Skins...with bacon & cheese or veggies & cheese

Irish Pub Bangers...chargrilled Irish pub sausages served with Molly's three-mustard sauce

Seafood Chowder...Molly's award-winning recipe!

Dublin House Salad...fresh, delicious and healthy!

Seafood Entrees

Jumbo Shrimp Scampi...succulent jumbo shrimp sauteed in garlic & herb butter, then flamed with dry vermouth and served casserole style with your choice of potato or atop linguine pasta

Crab Stuffed Ocean Fresh Haddock...Molly's famous crab stuffing piled high on a fresh haddock fillet, then baked to perfection and served with your choice of potato, vegetable medley and oven baked bread

Meatlover Entrees

Prime Rib of Beef...slow roasted to perfection, served with hot au jus and a side of horseradish sauce plus choice of potato, hot fresh bread and Molly's garden vegetable medley

Boneless Breast of Chicken...char-broiled to perfection with your choice of BBQ, teriyaki or garlic butter sauce and served with Irish champ potatoes, garden fresh veggies and oven hot bread

Choice Top Sirloin...cut daily at Molly's then broiled to order and served with choice of potato, a side of fresh veggies & hot baked bread

Molly's Guinness Pork Dinner...roasted pork in a rich Guinness sauce. Served on a bed of spinach and accompanied by roasted baby red potatoes and Molly's fresh baked bread

Pub Menu

Molly's Butcher Shop Burger...one half pound of fresh ground beef broiled to your order and served on a delicious potato roll with lettuce & tomato, Cape Cod kettle-style potato chips & a kosher dill pickle

Fresh Fruit & Cheese Platter...a variety of fresh, in season fruit served with three kinds of cheese and a loaf of Molly's mouth-watering herb bread

Irish American Caesar Salad...garden fresh romaine piled high in a bowl with croutons and tossed with an all natural caesar dressing. Garnished with oven baked cheese bread

The Mile High Molly Reuben...a heap of thin sliced corned beef brisket on marble rye bread with delicious imported Swiss cheese, sauerkraut and 1000 Island dressing served with Cape Cod potato chips and a fresh kosher dill pickle

Molly's Weekly News!

It's winter in Portland and time to
change our Hours of Operation.

Beginning Monday, Jan 20th,
we will no longer be open for lunch.

A special thanks to all of our lunch customers for visiting us since October. However, we would like to focus more on our dinner business and will also resume our popular Sunday

Brunch beginning February 2nd!

46 Market St • Portland • 761-4094
Mon-Sat • Bar Open at 4:00
Dining Room Open 4pm - Close